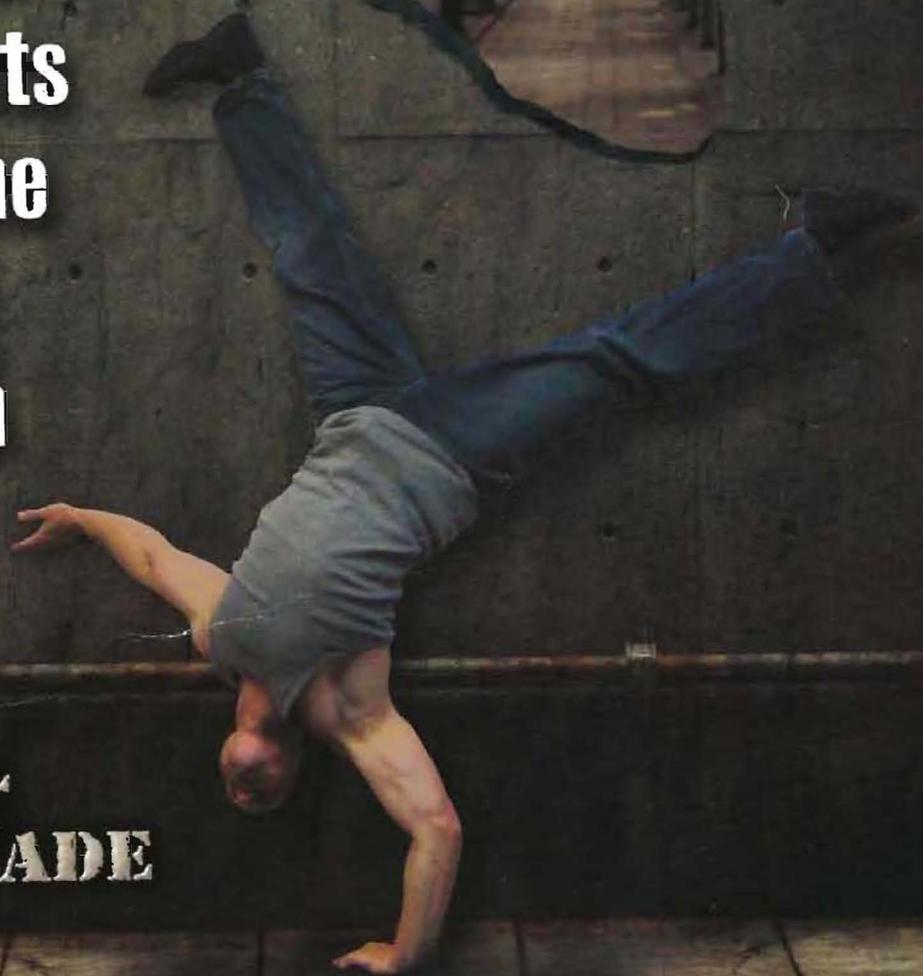


CONVICT CONDITIONING

How to Bust Free
of All Weakness—

Using the
Lost Secrets
of Supreme
Survival
Strength

BY PAUL
"COACH" WADE



CONVICT CONDITIONING

**How to Bust Free of All Weakness—
Using the Lost Secrets
of Supreme Survival Strength**

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—DISCLAIMER! —

Fitness and strength are meaningless qualities without *health*. With correct training, these three benefits should naturally proceed hand-in-hand. In this book, every effort has been made to convey the importance of safe training technique, but despite this all individual trainees are different and needs will vary. Proceed with caution, and at your own risk. Your body is your own responsibility—look after it. All medical experts agree that you should consult your physician before initiating a training program. Be safe!

This book is intended for entertainment purposes only. This book is not biography. The names, histories and circumstances of the individuals featured in this book have accordingly been changed either partially or completely. Despite this, the author maintains that all the exercise principles within this volume—techniques, methods and ideology—are valid. Use them, and become the best.



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