

# TWISTED CONDITIONING //

BY  
BUD  
JEFFRIES



*Advancing Concepts For  
Super Strength & Endurance Training*

# Twisted Conditioning 2

**Felix Hermann**



## **Twisted Conditioning 2:**

**Twisted Conditioning 2** Bud Jeffries, 2012-05-19 Find more at [www.Strongerman.com](http://www.Strongerman.com) The Ultimate System for Building Super Human Levels of Strength Endurance Often times a sequel never equals the original but it is our sincere belief Twisted Conditioning II at the VERY LEAST equals Twisted Conditioning if not surpassing it If it was just a better version we might scrap the original Twisted Conditioning and come out with a new and improved version But it s not It s an extension an evolution in the field of strength and endurance Most especially in the field of building frightening maximum power read world class strength and developing at the same time unbelievable endurance read keeping up with and surpassing endurance athletes It is not just a rehashing of the original concepts laid out in Twisted Conditioning In fact we spend only a few pages quickly reviewing and modifying the original concepts From there it s all new stuff What kind of stuff How about conditioning with Kettlebells Isometrics Sleds Wheelbarrow Water The Power Jumper The Mace Block Weights Fighting Calisthenics And more How about building strength with Full and Partial Lifts Old Time Poundage Lifts Odd Lifting Mixed Implement Single Lift Routines Maximum Power Strongman Training Steel Bending Heavy Cables and those are just a start In fact there s so much in the book that we actually considered splitting it up Not to squeeze more money out of you believe me I ve still got plenty of info left in the bank to give but because we don t want you to get lost in the routines and not actually get up and get off your butt and help set a new standard for strength and endurance One of the things we ve been asked most about is specific routines for all the different implements that I train with Well There are Over 100 Specific Workouts Ranging from Every Conditioning Implement as well as Multiple Combinations of Implements If you work through every routine in this book you ll be one of the most conditioned and strong men walking around today and you ll build familiarity with every strongman and conditioning implement Plus you will never get bored You see that s what we re trying to do here Not give you endless variety for its own sake And don t think you can t apply these principles and do this training with minimalist equipment We re giving you the best of both worlds We re trying to give you a template to become the most complete strength and endurance athlete that you can be To be able to step into anyone else s arena and with little or no training give em a shock And to shock yourself not only when your endurance skyrockets but when your strength just keeps going up and up To avoid the commonly accepted pseudo science that says You can be strong or enduring but not both BULL You can be whatever you choose in your training You just have to understand how to get there Well here s the second part of unlocking a whole new world of training for you I m tired of weakness in the Iron Community I m tired of the attitude that says you can t be what you want I m tired of training that doesn t produce real iron men I m tired of seeing people say their way is the only way I m tired of seeing people say you can t train with whatever implement you choose and still get a great workout I m tired of people saying being thin small and enduring is the only way to health or that being big and strong alone rules the day That s all crap Plain and simple It s propagated by small minds with hidden agendas Real training that produces

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