



The Climb Strong Deadlifting Manual

Steve Bechtel SFG II, Charlie Manganiello SFG II

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The deadlift is arguably the best strength training exercise for rock climbers. In this manual, top coaches Charlie Manganiello and Steve Bechtel break down the exercise and explain the whys and hows of this complex movement. The authors detail the movements, common errors, and how exactly to integrate deadlifting with your program. Based on their successful strength clinics, this manual will serve you for years to come.

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