



# The Edge of Strength: An Unconventional Guide To Live Your Strength And Discover Your Greatness

*Scot Iardella*

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## **The Edge of Strength: An Unconventional Guide To Live Your Strength And Discover Your Greatness** Scot Iardella

The Edge of Strength is an unconventional guide to maximizing health and performance through a foundation of strength training, written for today's serious fitness enthusiast. Maximize movement and mobility, improve strength training performance, and forge an athletic body. This is the first major book from Strength Coach, Performance Specialist, and Former Physical Therapist, Scott Iardella. A book that had to be written, The Edge of Strength describes a unique philosophy and methodology of training through 30 years of diverse experiences. Learn why strength is the foundation for life and sport, learn how strong is strong enough with the 5 levels of strength, discover the essential rules and concepts for long term success, learn about a unique approach to progressive training with Strength Stacking, and discover a complete system to train stronger, smarter, and better. Bodyweight training, kettlebells, powerlifting, and Olympic lifting are key methods covered in this comprehensive book. You will have a deep understanding of why strength is your edge by reading The Edge of Strength.

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