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# Jailhouse Strong



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## Synopsis

Tired of all the latest exercise "advancements" • delivering no results? For less than the cost of a day pass to any trendy chain gym, you can get Jailhouse Strong. With innovation and dedication prisoners make incredible strength gains. Jailhouse Strong offers functional strength training with a workout system that is based on the training habits cultivated behind bars. Through interviews with personalities ranging from a former Mr. Olympia, who started lifting behind bars, to a co-founder of the Crips Street gang, Jailhouse Strong describes the workouts prisoners use to become lean and powerful. Jailhouse Strong includes programs for lifting, bodyweight movements, and conditioning with unarmed combat techniques. The workouts require minimal cost, equipment, time, and space and they can be done at home, in a hotel, or just about anywhere. Whether you are doing 10â "25 or working 9-5, Jailhouse Strong can fit into your schedule because Jailhouse Strong provides the fitness habits that are crucial for getting strong and for maintaining a level of emotional balance amidst the volatile reality found on both sides of prison walls.

## Book Information

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## Customer Reviews

First off let me say I don't care what most "fitness experts" • say because most of them are

just trying to SELL YOU on the latest and greatest. I thoroughly enjoyed this book. I have been a C.P.T. over 15 years and always keep an open mind when looking to include different tools for my tool bag. I have competed in a wide range of sports over the years and have adapted different training techniques to form well-rounded programs for not only my clients, but myself included. I have for the last 8 years served in the United States Army both in the Infantry and Military Police. I have always held a superior APFT and due to my past/part-time profession and experience, I normally get put in charge of conditioning my fellow soldiers. While deployed if you serve in a Combat MOS and basically live outside the wire staying in top condition can become tricky. This issue is common and has spawned inventive programs and even equipment to be made, for example the TRX. A soldier on deployment can relate and even experience the same kind of issues an inmate can. Meaning the use of exercise is to not only keep a soldier fit to fight, but to also help psychologically. Long stressful days can build upon themselves and one needs a healthy outlet for the monotonous times. I guess it can also be said if you look like you mean business, confrontations seem to be drastically reduced. In the book I found the workouts quite familiar, but the protocols as far as repetitions and rest times seem quite difficult. I have never done a "Tyson Squats" workout (For 5 mins.! Smoke City Baby) or Burpees for 10 mins. (BURTAL!!ARE YOU CRAZY!) Challenge accepted! To note these aren't just one workout, but part of routines found on page 64 and 65.

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