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Branch Warren, and a host of other

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What Is Powerbuilding?

Powerbuilding keeps heavy multijoint exercises at the core of the program and seeks to actively increase strength in the "big lifts" without sacrificing technique. However, it also includes single-joint movements aimed at

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overloading individual muscles, working weaknesses, reducing the risk of injuries, and putting the polishing touches on a physique that's spring-break ready.

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