

# The Strength And Conditioning Bible: How To Train Like An Athlete By Nick Grantham

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strength (str ngkth, str ngth, str nth) n. 1. The state or quality of being strong; physical power or capacity: the strength needed to lift a box.

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### **About nick grantham | performance enhancement**

Feb 8, 2014 Nick Grantham is a Performance Enhancement Expert based in the UK who gained the National Strength and Conditioning Association certification and Conditioning Bible explaining how to train like an athlete, and

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