



Crosscore Hardcore: Revolutionary Resistance: How to Build Maximum Muscle and Extreme Strength Without Weights, Machines or Gyms

Marty Gallagher, Chris Hardy Dr.

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CrossCore(r) Hardcore makes a compelling case that the small, light and very portable *CrossCore(r)* training device can build the same kind of strength and muscle normally associated with barbells and dumbbells.

The *CrossCore(r)* is a gym-in-a-bag that can meet the strength building requirements of the most demanding of athletes while catering equally well to the dedicated fitness buff who seeks a fast, convenient and effective way to get as strong as they want.

CrossCore(r) Hardcore attacks every body part with a carefully-planned set of progressions that replicate traditional exercises like the bench press, the deadlift and the squat but without the need for heavy weights or a gym.

CrossCore(r) Hardcore s lead author Marty Gallagher originally developed these protocols at the request of US Tier One Spec Ops who sought a portable training device that could still provide a powerful workout in the most challenging of locations.

After Gallagher s protocols proved to exceed all expectations with his Special Forces trainees, he turned his attention to several world-champion powerlifters who were equally impressed by the results they achieved with the *CrossCore(r)*.

The *CrossCore(r) Hardcore* program has been acclaimed by a wide range of experts, from leading physical therapists to the most experienced of NBA strength and conditioning coaches.

Marty Gallagher, with the help of his co-author Dr. Chris Hardy and with Michael Krivka, has distilled his fifty years of world-champion-level strength achievements and coaching experience into a unique program that can help anybody achieve higher levels of fitness in minimum time with maximum efficiency.

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