



# Bodyweight Exercises for Extraordinary Strength

By Brad Johnson

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## Bodyweight Exercises for Extraordinary Strength By Brad Johnson

Spiderman, here you come, because if you follow Brad Johnson's advice, it's not just that you will get very strong in a multitude of directions, but a fringe benefit is that when it comes time to move your body around, it will feel like a feather. We won't guarantee that you'll be able to master the one-arm chin like Brad Johnson, but if you follow his advice, you will exceed your current best by a country mile.

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- Sales Rank: #939809 in Books
- Published on: 2005-01-01
- Number of items: 1
- Binding: Paperback
- 72 pages



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### **Editorial Review**

#### **About the Author**

Brad Johnson is a former high school and collegiate gymnast. He was the Kansas State High School Pommel Horse champion in 1978, and a two-time bronze medal winner on the Pommel Horse at the NAIA college gymnastics championships while competing for Fort Hays State University in Hays, Kansas. Brad enjoyed training for competition as much as participating in the competition itself. Brad is a school psychologist at Haysville Middle School in Haysville, Kansas.

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