



# **Rings of Power, The Secrets of Successful Suspension Training--A Simple, Proven System For Building Sustainable Strength**

*Mike Gillette*

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# Rings of Power, The Secrets of Successful Suspension Training--A Simple, Proven System For Building Sustainable Strength

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Rings can have a redemptive--and almost magical--impact on your long-term strength training... Why? Because ring work replicates natural, multi-dimensional, functional, self-correcting movement. Rings reduce the destructive stress on the joints often caused by traditional weight lifting--with its repetitive, forced, linear "grinding of the gears". With ring work, the adaptive, strength-enhancing stress goes to the muscles--where it belongs... The rings are strength saviors for the over-forties--and in many cases represent a wiser, safer choice for younger athletes seeking to push their physical capabilities to ever-greater heights. The forgiving, user-friendly rings have the power to:

- Restore former strength lost to joint pain
- Rekindle your passion for intense, results-producing exercise
- Reengineer your body into a sleeker, tougher vehicle that continues to get stronger and stronger and stronger--pain-free
- Reverse the damage and imbalance wrought by an over-reliance on machine-based exercise
- Release you from the strength plateaus in your training--by introducing an infinite variability of adaptive challenge into your workouts
- Reclaim your full physical capabilities--and then help you exceed those capabilities
- Rejuvenate your system--through a newfound freedom from pain and a newfound ease of movement

And the glory of it is that--in his inspirational Rings of Power--Mike Gillette gives you a super-simple yet immensely powerful plan to immediately transform yourself physically with rings alone. Follow Gillette's clear-cut guide--and your severely-enhanced athletic capability is a foregone conclusion... "I wish I had Mike Gillette's book when I started with rings. The crystal clear instruction on techniques in this book would have saved me countless hours of often-fruitless experimentation. This is a fantastic book for all ages, but absolutely essential for the aging athlete."--DR. CHRIS HARDY, author of Strong Medicine

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