

“New is not necessarily better, and once the commercial hype is stripped away, strength training is the easiest thing to understand and the most difficult to actually implement.” *Dr. Ken Leistner*

“Those who think it cannot be done should not disturb those doing it!”

**“Yard by Yard, Life is Hard.
Inch by Inch, Life’s a Cinch.”**

**“Losers Visualize the Penalties of Failure,
Winners Visualize the Rewards of Success.”**