

AUSTRALIA'S STRONGEST MAN

Derek Boyer



KING DEADLIFT

If you could only use one exercise to define the true strength of a person, that exercise would be the deadlift. Why? Because heavy deadlifts recruit more overall muscle fibre than any other exercise that you can do, including the squat. When you deadlift heavy you will be essentially using every muscle in your body to create one of the best growth stimuli possible.

HEM

RE "FURY" FOREMAN
MUAYTHAI FIGHTER

BANANA, CHOC-CHERRY

ESALE

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