

Deadlift Dynamite: Review Takes An Inside Look At Explosive New Strength Training Guide

Summary: DietsAndFitnessGuides.com releases a review of Deadlift Dynamite the new Strength Training program from renowned strength and conditioning coach Pavel Tsatsouline and "Deadlift King" Andy Bolton.

"Deadlift Dynamite provides a unique look at strength training from two men with exceptional credentials," reports DietsAndFitnessGuides.com's Vince Delmonico. "Anyone involved in powerlifting knows who Andy Bolton is, and guys around the world are totally pumped to learn these advanced power lifting secrets from the Deadlift King himself."

Deadlift Dynamite was co-created by strength training experts Andy Bolton and Pavel Tsatsouline. Bolton, who is known as the "Deadlift King" is a world champion powerlifter many times over, excelling in both the deadlift and squat. Tsatsouline is a well known strength and conditioning coach known for introducing Kettlebells to the west.

Delmonico shares this explanation for Deadlift Dynamite's wide popularity:

"Deadlifts are a great exercise regardless of ones personal fitness goals," says Delmonico. "Obviously if you are a powerlifter, or are doing strength training for strongman competitions then you are going to be focusing heavily on deads. But, anybody looking to get in shape, from bodybuilders to folks just looking to tone up and improve their posture will benefit greatly from incorporating deadlifts into their workout regime. Deadlift Dynamite not only shares the deadlift wisdom of Bolton, who deadlifted a record 1009 lbs, but it also provides a step-by-step plan for anyone looking to get bigger and stronger on all of their big lifts, like bench presses and squats, while avoiding injury."

Deadlifts are performed by squatting down over a loaded barbell placed on the floor, grasping the bar with both hands and then rising to a standing position. Performing the deadlift calls upon a variety of muscle groups including the legs, abs, back, hips, and is widely considered to be the ultimate strength training exercise.

"When I first started working out I skipped deadlifts entirely, and although I made decent progress it wasn't until I started doing deads regularly that my results really took off," says Delmonico. "Anybody looking to get big and strong should be doing deadlifts, and this new guide is the most comprehensive guide I've seen. The only thing is, you should be prepared for people to ask you if you are 'juicing' (using steroids) because this training can pack on a ton of muscle, very quickly. Guys used to ask me that all the time back in my powerlifting days, and it got really annoying!"

Deadlift Dynamite is available digitally online allowing customers instant access to the trainings, and bonus material.

[Those wishing to purchase Deadlift Dynamite, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Deadlift Dynamite review is available at the following web address: <http://www.dietsandfitnessguides.com/andy-boltons-deadlift-dynamite-review/>

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