



Behemoth: Power Training for Strength Athletes

Daniel McKim

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More than 10 years in the making, Behemoth sets out to make you just that: a Behemoth. Developed by Daniel McKim, the World Champion (2011 & 2013) and US National Champion (2010-2013) in the Scottish Highland Games, this program is not for the unmotivated, but the athlete looking to take his/her training and athletic performance to new arenas. Should you choose to embark on this 14 week journey, know that when the fog clears, you'll arise the most explosive, athletic and strongest you've ever been. Inside you lurks a Behemoth.

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