

TRULY STRONG



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Stark på riktigt

Waldo Zapata, Louise Sondlo
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Becoming truly strong is not only about being able to lift the heaviest weights or running the fastest. It's about building our body so that we can live fully at our optimal capacity.

So that our energy is sufficient for family and everyday life. Day after day, year by year. It's about finding the pleasure in movement and a love for one's body and its capabilities. Functional physical training inspired by martial arts such as Brazilian ju-jitsu gives strength, agility and resilience for the longest race of all – your life.

Waldo Zapata and Louise Sondlo are founders of the SPR Athlete Factory in Stockholm and together with their instructors they have designed eight training programs suitable for the type of person who wants to train for life. Train at home, at the gym or when travelling, with or without equipment, on your own or with a training partner. All exercises are illustrated with clear instructions. The book presents all the areas you need to be aware of in order to become truly strong, and also coaches you in methods of recuperation and gives advice on how to maintain motivation.

About the authors



Waldo Zapata began training martial arts as a four-year-old. Since then he has competed successfully and trained in a range of different styles, among others Brazilian ju-jitsu and MMA. Waldo has for many years trained both world champions and everyday heroes.

Louise Sondlo has won World championships and European Championships in the masters class of Brazilian ju-jitsu and left a career in PR to set up SPR. Today she works with SPR communication and as a personal trainer.



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