



Stronger Legs & Lower Body

Tim Bishop

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Take your lower-body workout to new levels with *Stronger Legs & Lower Body*. Tim Bishop, one of the world's leading strength and conditioning experts, brings you the most effective exercises and programs for increasing strength, size, power, and definition.

Focusing on all lower-body muscle groups, especially those previously neglected by popular workouts, *Stronger Legs & Lower Body* features more than 80 exercises for both serious lifters and athletes, including detailed instructions for perfecting your technique and advanced variations to help you break through plateaus.

With 15 unique programs and ready-to-use workouts, detailed anatomical illustrations, exercise explanations and variations, and the latest advanced training methods, *Stronger Legs & Lower Body* is the comprehensive, hard-core guide you need in order to achieve the ultimate results!

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