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Thu, 11 Oct 2018 17:58:00 GMT - In 1991, IronMind added luster to the world-class feats of grip strength by certifying people on the fearsome No. 3 Captains of Crush Gripper, and since then we've included the No. 3.5 and the No. 4 CoCs, as well as the Red Nail.

IronMind - Stronger Minds, Stronger Bodies -

Thu, 11 Oct 2018 08:18:00 GMT - Athletes and their parents to enter and trace emergency contacts, insurance, health history and other basic information directly into SportsWareOnline.

SportsWareOnline, -

Fri, 08 Apr 2016 08:59:00 GMT - A strongman is a man who competes in strength athletics. In the 19th century, the term strongman referred to an exhibitor of strength or similar circus performers who displayed feats of strength. When strength sports were codified into their own categories such as weightlifting, powerlifting, etc, Strongman became its own specified category in strength sports.

Strongman (strength athlete) - Wikipedia -

Thu, 11 Oct 2018 05:55:00 GMT - Derek is an International Sport Performance Consultant that has been working with athletes in speed, strength and power sports since 1988. He has worked with some of the top performers in the world as a coach and a consultant " including Olympic medallists, world record holders, Canadian National team athletes, and professional athletes from numerous sports.

Athlete Autonomy and Self-Discovery: Are We Coaching Our ... -

Tue, 09 Oct 2018 21:56:00 GMT - ProStars is a cartoon television show featured on Saturday morning cartoon. It was produced by DiC and aired on NBC from September 14 to December 7, 1991. Three famous and popular professional athletes from the 1990s appear in the show in live action and as fictional super hero characters: Michael Jordan, Wayne Gretzky and Bo Jackson

ProStars - Wikipedia -

Wed, 10 Oct 2018 12:23:00 GMT - About this Centre. Start your fitness journey at Everyone Active's Plymouth Life Centre, for Plymouth's premier fitness facility with, a climbing centre, group exercise classes and swimming pools including waterslides.

Plymouth Life Centre | Leisure Centre | Everyone Active -

Fri, 12 Oct 2018 12:49:00 GMT - Basic Gym-Building Principles. Progressive overload. Progressive overload is "the gradual increase of stress placed upon the body during training."