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It's kind of like that best-selling business book, Seven Habits of Highly Effective People, but instead, I prefer the less elegant, more humble title, "A Simpleton's Guide to Charles Poliquin's Training Principles".

A Simpleton's Guide to Charles Poliquin's Training

The Poliquin Principles: Successful Methods for Strength and Mass Development is a 1997 bodybuilding and strength training book by Charles Poliquin, former strength and conditioning coach of the Canadian Olympic team, and currently the strength coach of several athletes competing in the NHL and other professional and amateur sporting organizations. The book contains a basic formatting of Poliquin's training methods and regimens.

The Poliquin Principles - Wikipedia

This is a Bible in the world of strength training and fitness. If you are lucky enough to purchase this book, rare as it is, congratulations. You are going to learn training principles that'll last and endure through fitness fad after fitness fad. Mr. Poliquin is a master.

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