



The Path of Most Resistance: How to Achieve Physical Superiority

John Turner

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John Turner has just six words for those trying to improve their current physical condition - - take The Path of Most Resistance. Turner has received thousands of emails from all over the world from people who desperately want to try the original Nautilus machines and apply the Nautilus Training Principles to their exercise programs. If you are serious about reaching the limits of your individual potential for muscular size, strength, flexibility and metabolic condition, there is no easy road to take. You could read hundreds of exercise books and thousands of bodybuilding magazines and not find the information contained in The Path of Most Resistance.

The requirements of full-range exercise seems to have been forgotten or misunderstood by present-day trainees. Turner disavows the fads and gimmicks found in the "boot camps" and "high performance" training facilities with their calisthenics, kettlebells, medicine balls, ropes and tires; all firm steps in the wrong direction - backwards. In The Path of Most Resistance, Turner has the answers you've been looking for - - blunt, hard-hitting, honest advice including:

Full-Range Exercise

The Human Powertrain

Winning The Exercise Lottery

How To Achieve Physical Superiority

For anyone who wants the absolute maximum results from their training, this is the one book you must own.

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