



The Gladiator Project: Primitive Training for Maximum Strength & Muscle

Zach Even - Esh

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The Gladiator Project is a strength and mass building program battle tested and proven on thousands of athletes and adults across the globe. The Gladiator Project outlines a 6 month training program that is devoid of the fads, gimmicks and complications so popular today and focuses on what's most important: Getting you results.

Without strength, you have no chance. Inside The Gladiator Project you'll find more than just a workout program for building size and strength. The Gladiator Project gives you powerful insight into the lifestyle and mindset you must acquire to maximize your results both in and out of the gym.

If you've got the dedication and the commitment for hard training with the basics then this program is for you. All you need is access to free weights and a squat rack.

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