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Gladiator: Stage One: 12 Weeks at Greyskull (Volume 1)

John Sheaffer

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This is the first installment in the "12 Weeks at Greyskull" series of eBooks which will follow a hypothetical trainee through twelve grueling weeks of programming designed to elicit a specific result. "Gladiator" is the series dedicated to the roots of "The Greyskull Gladiator Academy", Johnny Pain's famed backyard gym originating in 2004, a proving ground where a select few were put through their paces alongside JP. This book is a must for anyone looking to increase their strength and athleticism, and become an all around nasty son of a bitch. The program is designed for a trainee looking to become a Warrior in a world of soft, flaccid minded and bodied males. This is the closest you can get to having Johnny Pain as your trainer for twelve weeks without shelling out serious money to make that happen. Each day's workout and "homework" is laid out clearly for you so that you simply have to worry about nutting up and getting the work done. If you've done GSLP and are looking for the next step, here it is. If you are a trainer looking for a snapshot of how JP tailors training for different populations with different desires, this series is for you. If you just want an awesome, mentally and physically challenging change of pace, look no further. "Gladiator: Stage One" delivers the goods, and is a tremendous value at it's low price.

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