



Creating A Monster: A Manual for Real Strength

Robert Oberst

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Let's talk about True Strength. Not one-dimensional strength. Not strength "tricks" that will fail you sooner or later when you're in competition and it really matters. We're talking true, whole-hearted, down-to-throw-weight-at-any-time strength. Robert Oberst is a Pro Strongman who has done it all and seen it all when it comes to the strength game. 'Creating a Monster' is his no-nonsense manual for real strength and steady, reliable progress. Interested in getting brutally strong and have a body that is prepared for battle? Pick up 'Creating a Monster' and get working on what matters.

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