New to Deadlifting? – Read This - <https://forums.t-nation.com/t/how-to-deadlift-the-9-best-coaching-tips/279106>

Tips for a Badass Bench Press - <https://tonygentilcore.com/2012/11/tips-for-a-badass-bench-press/>

Easy Training is Good Training - https://tonygentilcore.com/2017/06/easy-training-good-training/