



Hanuman Power: -A modern guide to the ancient strength traditions of India

mr marcus john quijas

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Hanuman Power looks at exercises used to forge India's warriors and wrestlers for over a millennia through a modern lens. Learn about the Indian Mace (Gada), Clubs (Jori) as well as callisthenics such as the Indian press up (Dand) and bodyweight squat (Bethak). Each has been tested over countless generations and exist to this day because of one reason: they work. These exercises are employed by the Kushti wrestlers of India to prepare their bodies and minds for the rigours of competition. Explained and demonstrated, we also talk about how to incorporate these unique exercises into a training programme along with nutrition, goal setting, meditation, breathing techniques and more. This book can be used as an independent system or integrated into your existing training and lifestyle to help empower your body and mind.

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