



Crosscore Hardcore: Revolutionary Resistance

By Marty Gallagher

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CrossCore(R) Hardcore makes a compelling case that the small, light and very portable *CrossCore(R)* training device can build the same kind of strength and muscle normally associated with barbells and dumbbells.

The *CrossCore(R)* is a "gym-in-a-bag" that can meet the strength building requirements of the most demanding of athletes--while catering equally well to the dedicated fitness buff who seeks a fast, convenient and effective way to get as strong as they want.

CrossCore(R) Hardcore attacks every body part with a carefully-planned set of progressions that replicate traditional exercises like the bench press, the deadlift and the squat--but without the need for heavy weights or a gym.

CrossCore(R) Hardcore's lead author Marty Gallagher originally developed these protocols at the request of US Tier One Spec Ops--who sought a portable training device that could still provide a powerful workout in the most challenging of locations.

After Gallagher's protocols proved to exceed all expectations with his Special Forces trainees, he turned his attention to several world-champion powerlifters--who were equally impressed by the results they achieved with the *CrossCore(R)*.

The *CrossCore(R) Hardcore* program has been acclaimed by a wide range of experts, from leading physical therapists to the most experienced of NBA strength and conditioning coaches.

Marty Gallagher, with the help of his co-author Dr. Chris Hardy and with Michael Krivka, has distilled his fifty years of world-champion-level strength achievements and coaching experience into a unique program that can help anybody achieve higher levels of fitness in minimum time with maximum efficiency.

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Editorial Review

From the Back Cover

"I love training tools that are heavily researched and that diversify my programming.

CrossCore(R) Hardcore offers ideas for how to train athletes with intention--with purpose.

It shows how this one great tool has benefits that can be very sport specific, and it demands

that you progressively train in all planes of motion utilizing the athlete's bodyweight.

CrossCore(R) Hardcore as a study and as a method is AWESOME!"--**STEVE HESS**, professional basketball strength and conditioning coach

"Marty had me try out the **CrossCore(R)** to see if it would be able to maximally tax me. I was a big dubious until I actually tried the tool out. Using Gallagher's **CrossCore(R) Hardcore** protocols, I was able to bring my biceps and triceps to positive failure within ten reps. I would never have thought that possible. The **CrossCore(R) Hardcore** strategies will tax the strongest amongst you on a lot of exercises. Some of the crazy angles you can use are unlike anything I have ever encountered in 40 years of training....as far as a mobile, portable, take-anywhere training tool, this thing rocks!"--**KIRK KARWOSKI**, 6-time IPF world champion, 7-time US national champion, Current IPF world record holder

"**Marty Gallagher** does it again. More than just an instructional manual, **CrossCore(R) Hardcore** provides insight into the ethos that has afforded Mr. Gallagher success both as a competitor and a coach. One of the greatest strength orators of our time, Marty invites the reader into his thought process as he tests the metal of the **CrossCore(R)**. The result is a book that can serve as a source of information, inspiration, and motivation. For the physical culturist in pursuit of truth, **CrossCore(R) Hardcore** can surely provide some light along the way."--**Dr. MIKE DAVIS**, DPT

"As a 25-year student of **Marty Gallagher's**, I was skeptical as to what the **CrossCore(R)** could add to my training. However, Marty opened my eyes to a world of possibilities with this versatile device. With his **CrossCore(R) Hardcore** protocols, he has devised a multitude of ways to amplify the training intensity--and provide a workout as challenging as any I've ever experienced.

I speak from firsthand experience when I say the **CrossCore(R)** is far more than the rehab/prehab device I had stereotyped it as. It is that, but it's also a great tool for building real muscle and strength. The best way to derive these advanced benefits is to listen to the man the elite turn to when they want to know how to get as big and strong as possible. Thank you, Marty, for this latest gem in your library of strength training wisdom!"--**CHUCK MILLER**

About the Author

Three-time World Master Powerlifting Champion, Teenage National Olympic Lift Champion, Marty Gallagher coached Black's Gym to four National team titles and in 1991 coached the United States squad to victory at the World Powerlifting Championships. Marty's highly-acclaimed 230+ weekly Live Online columns for Washington Post.com created a legion of followers for his Purposefully Primitive Fitness philosophy. Over the last thirty years he has had over 1,000 articles appear in two dozen fitness publications.

Users Review

From reader reviews:

Bonnie Boyd:

Have you spare time for just a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a wander, shopping, or went to often the Mall. How about open or read a book titled Crosscore Hardcore: Revolutionary Resistance? Maybe it is being best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have various other opinion?

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