



# Mad Skills Exercise Encyclopedia: The World's Largest Illustrated Exercise Encyclopedia

*Ben Musholt*

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## **Mad Skills Exercise Encyclopedia: The World's Largest Illustrated Exercise Encyclopedia Ben Musholt**

Mad Skills is the world's largest illustrated exercise encyclopedia and contains over 700 unique exercises to build strength and mobility. It is designed as a reference tool for athletes, trainers, and coaches, to help steer creative movement selection for effective workouts. Categories of exercise movements include: barbell lifts, kettlebell skills, gymnastics conditioning, whole body movements, yoga postures, stretching, partner skills, and more!

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