



# High Plains, Heavy Metal, Iron Master, Super Strength Bible!

*Steve Justa*

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## **High Plains, Heavy Metal, Iron Master, Super Strength Bible!** Steve Justa

Steve Justa may be the most original author in modern iron game history. Steve is, well – his own man. He spent a lifetime becoming an expert in strength and achieving world record levels with amazing and original training. What's more amazing about this is that he has done this in near total isolation. Similar to Paul Anderson he had some early and brief exposure to lifting and an occasional book, possibly the odd meeting with someone else who pursued strength, but with exceptional rarity. Yet he has come to the conclusions that high level sports scientists and modern trainers apply with no outside influence. In fact his work is referenced regularly in the works of modern strength literature. Yet he lives literally in the middle of nowhere like a strength nomad and a modern primitive.

This book is the second ever written by Steve Justa after his famous Rock, Iron, Steel.

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