
Forging Silver Into Stars

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**O'Hearn vs Stan
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Warmups - LOWER
BODY!!!

Exercises for Big Back
Growth (How To Build
Massive Lats) ~~So You~~
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Techniques for Size!)
Your BUTT needs this!
(Glute - Hamstring -
Lower Back Super
Circuit!!!) Matt
Wenning DB tricep
exercises *How To*
Recover From Shoulder
Pain (5 Tips and
Exercises)

Biggest Traps on
EARTH?!? (Exercises
YOU NEED TO KNOW
for your next trap
workout)

Four Ways to GROW
From Your Training!
(Are These A Part of
Your Program?) PART
1/2 *How to Build Big*
Shoulders SAFELY!

(Don't Compromise
Your Joints!) Mastering
Your Squat With Mike
O'Hearn and Matt
Wenning MATT
WENNING: Tactical
Training | Dr. Chris
Podcast

Programming for
Tactical Populations,
with Matt Wenning |
NSCA.com **Back to**
the Gym After Layoff
(How Not To Overdo
It by Matt Wenning!)
Get Elite Strength With
Matt Wenning!

The Smartest Lifter I've
Ever Spoken To: Matt
Wenning Interview

Matt Wenning
about matt wenning
Matt is a 3 time world
champion powerlifter.
He has directed over
6000 troops in
strength, conditioning,
and wellness for the
U.S. Army including

Infantry and Ranger Divisions.

Wenning Strength

Matt Wenning is a world record setting powerlifter. This is the Youtube home of all of his training videos.

Also check out wenningstrength.com for training programming, equipment, online coaching...

Wenning Strength - YouTube

Matt Wenning. 10,855 likes · 1,875 talking about this. Strength is a combination of Mental, physical toughness, consistent training, and an ability to blockout distractions

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Matt Wenning is one of only a handful of people to total over 2600 lbs in a professional competition, hold an all-time world record of 2665 lbs in the 308-lb class, and bench press over 800 lbs in a full powerlifting meet.

Matt Wenning / Elite FTS

Matt Wenning is a 3 time world champion powerlifter. He has directed over 6000 troops in strength, conditioning, and wellness for the U.S. Army including Infantry and Ranger Divisions.

He holds a Masters Degree in Biomechanics and a Bachelor of Science in Exercise Science from Ball State University. Matt grew up in Indiana, raised by a hard working, middle class family.

Equipment - Wenning Strength

Wenning is a world record holder and has a masters degree in biomechanics to go along with a 2,665 lb. equipped powerlifting total (which was a previous all-time world record.) He trains NFL players, Olympians, firefighters, the 82nd Airborne unit and stay-at-home moms.

World Record Holder Matt Wenning: "Everyone Should Sumo ...

The best result we

found for your search is Matt Wenning age 40s in Columbus, OH in the South Hilltop neighborhood. They have also lived in Muncie, IN Matt is related to Daniel E Wenning and Shirley Wenning as well as 2 additional people .

Matt Wenning in Ohio (OH) | 3 records found | Whitepages

Matt Wenning is a world-class powerlifter who needs no introduction! Over the years I have drawn heavily from the Matt Wennnig training philosophy to produce superior results with my clients. Matt works extensively with elite powerlifters, firefighters, combat units, and anyone else who needs to be able to perform at an

extremely high level.

2 Things I learned From Matt Wenning About Training ...

Matt Wenning is a 3 time world champion powerlifter. He has directed over 6000 troops in strength, conditioning, and wellness for the U.S. Army including Infantry and Ranger Divisions. He holds a Masters Degree in Biomechanics and a Bachelor of Science in Exercise Science from Ball State University. Matt grew up in Indiana, raised by a hard working, middle class family.

Wenning Gear - Wenning Strength

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conditioning, and wellness for the U.S. Army including Infantry and Ranger Divisions. He holds a Masters Degree in Biomechanics and a Bachelor of Science in Exercise Science from Ball State University.

about matt | Wenning Strength

The OpenPowerlifting project aims to create a permanent, accurate, convenient, accessible, open archive of the world's powerlifting data.

Matt Wenning - OpenPowerlifting

As a Wenning Strength partner, you'll get access to everything from more in depth videos, wider arrays of exercises to add to your arsenal, direct live chats with Matt and the team and hours upon

hours of seminars and studies. Plus, special discounts that you'll get exclusive access to from our sponsors and on Wenning merch and equipment.

Wenning Strength is creating a movement around

strength ...

Matt Wenning was a beast at West Side Barbell and when he left to get his masters degree in Biomechanics he stepped his game up even farther. While in school...