



eXplode: X Fitness Training System

Gino Arcaro

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eXplode, the X Fitness system has been a work-in-progress for 42 years. Four decades of winning. Four decades of eXploring, eXamining... eXploding. A reality show in writing. A limitless system consisting of concepts, language and a Set-Calling© decision-making model that has been used to design unlimited programs. Limitless ladders to the next levels.

eXplode teaches functional strength – the practical strength needed to get a job done – on the streets, on the field, in the factory... any place where you have to make it happen. The X Fitness system strengthens the inseparable connection between mind and body – the one that breaks the barriers that lock up potential.

eXplode is guaranteed to achieve results. Guaranteed to not fail. Guaranteed to succeed...if it's followed precisely.

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