

# Throwheavy The Definitive Guide To The Scottish Highland Games

Ethics, Technology, and Engineering  
ThrowHeavy3-D Structural Geology Training  
LabBehemoth: Power Training for Strength Athletes  
Periodization Training for Sports  
Diplomacy's Value  
High-Powered Plyometrics, 2E  
Atlas of Emotion  
Victor Moritz Goldschmidt  
Giantcraft  
The Encyclopedia of Demons and Demonology  
Heavy/Light  
Experience of the Inner Worlds  
Art of Throwing  
World History of Highland Games  
The Conversation Code  
The Leading Facts of English History  
The Highland Clans  
Manual Of The Mercenary Soldier  
Training for Speed, Agility, and Quickness, 3E  
A Dictionary of English Folklore  
Art of the Catapult  
The Ideal Muslim  
A Treatise on Field Fortification  
The Ideal Muslimah  
Scottish Miscellany  
Throwing Lab  
Rebuilding Shattered Lives  
The Makers of Scotland  
Indian Ernie  
A Practical Guide to Qabalistic Symbolism  
And They Called His Name Immanuel  
Philosophy and Design  
Outlander Kitchen  
Master's Highland Games Training Manual  
Frisbee  
Strength Lab  
Stonelifting  
Philosophy of Religion

## Ethics, Technology, and Engineering

The Ideal Muslimah This an incredibly sane book, which can help a woman (who is truly female), keep her head on straight and not get lost in a very dangerous game where she only

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stands to lose. Satan will try to convince women that they have the right to challenge the boundaries of their existence. This book more than anything can help a woman become a decent, loving, compassionate and honest person, which is a huge challenge for most people. This is an excellent book to not only have as a reference book, but to read many times. The book covers everything from the relationship to Allah (God), hospitality to Marriage and family.

### **ThrowHeavy**

Take a bite out of Diana Gabaldon's New York Times bestselling Outlander novels, the inspiration for the hit Starz series, with this immersive official cookbook from OutlanderKitchen.com founder Theresa Carle-Sanders! Claire Beauchamp Randall's incredible journey from postwar Britain to eighteenth-century Scotland and France is a feast for all five senses, and taste is no exception. From Claire's first lonely bowl of porridge at Castle Leoch to the decadent roast beef served after her hasty wedding to Highland warrior Jamie Fraser, from gypsy stew and jam tarts to fried chicken and buttermilk drop biscuits, there are enough mouth-watering meals along the way to whet the appetite of even the most demanding palate. Now professional chef and founder of OutlanderKitchen.com Theresa Carle-Sanders offers up this extraordinary cuisine for your table. Featuring more than one hundred recipes, Outlander Kitchen retells Claire and Jamie's incredible story through the flavors of the Scottish Highlands, the French Revolution, and beyond. Following the high standards for prodigious research and boundless creativity set by Diana Gabaldon herself, Carle-Sanders draws on the events and characters of the novels to deliver delicious and inventive dishes that highlight local

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ingredients and traditional cooking techniques. Yet amateur chefs need not fear: These doable, delectable recipes have been updated for today's modern kitchens. Here are just a few of the dishes that will keep the world of *Outlander* on your mind morning, noon, and night: • Breakfast: Yeasted Buckwheat Pancakes; A Coddled Egg for Duncan; Bacon, Asparagus, and Wild Mushroom Omelette • Appetizers: Cheese Savories; Rolls with Pigeons and Truffles; Beer-Battered Corn Fritters • Soups & Stocks: Cock-a-Leekie Soup; Murphy's Beef Broth; Drunken Mock-Turtle Soup • Mains: Peppery Oyster Stew; Slow-Cooked Chicken Fricassee; Conspirators' Cassoulet • Sides: Auld Ian's Buttered Leeks; Matchstick Cold-Oil Fries; Honey-Roasted Butternut Squash • Bread & Baking: Pumpkin Seed and Herb Oatcakes; Fiona's Cinnamon Scones; Jocasta's Auld Country Bannocks • Sweets & Desserts: Black Jack Randall's Dark Chocolate Lavender Fudge; Warm Almond Pastry with Father Anselm; Banoffee Trifle at River Run With full-color photographs and plenty of extras—including cocktails, condiments, and preserves—*Outlander Kitchen* is an entertainment experience to savor, a wide-ranging culinary crash course, and a time machine all rolled into one. Forget bon appétit. As the Scots say, ith do leòr! Praise for *Outlander Kitchen* "Fans of Diana Gabaldon's time-traveling, kilt-ripping series will do the Highland fling for recipes such as Auld Ian's Buttered Leeks and Banoffee Trifle at River Run."—Publishers Weekly "If you thought Scottish cuisine was all porridge and haggis washed down with a good swally of whiskey, *Outlander Kitchen*'s here to prove you wrong."—Entertainment Weekly "It's a well-handled mix of researched historical fiction, romance, science fiction, fantasy, and—importantly—delicious food."—Vancouver Sun "Theresa Carle-Sanders has done a great job creating recipes that are well crafted, easy to follow, bringing to our plates and palates meals that could have been

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made long ago (now of course with modern ingredients).”—Kate McDermott, author of Art of the Pie

## 3-D Structural Geology

Training with and lifting stones will shape you into a very strong and powerful individual. It can arguably be said that lifting a stone to a great height is the ultimate test of strength. Throughout time strength and the desire to be strong has been the back bone of an individual's ability and willingness to be better. Lifting Stones provides a natural test of strength and challenge that stems back thousands of years, stones that were lifted to make the step from being known as a boy and welcomed into manhood and as a test of strength, both as a competition and as an individual's sacred and personal contest against the stone. In this book you will read about stones that are situated round Scotland and Iceland which had been used as such a test of strength, as a result of this these stones have a hidden history behind each and every one with stories and tales that will have you rushing to lift them, testing your own abilities and becoming part of the stones unique history. You will learn about correct lifting technique and form, gym exercises that will push you further in your stonelifting strength abilities, and how to train with stones alone. Learn the science behind stonelifting with 'The Basic 10', which is the 10 individual aspects to be taken into consideration before lifting each stone, and 'The 10 Building Blocks of Stonelifting', a guide to preparing you to lift as well as lifting a stone as high up and away from the ground as you can. Learn the lifting technique and training methods that will prepare you to lift any stone in your path, like, the famous Dinnie Stones, Inver Stone, Testing

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Stone Of The Fianna, Barevan Stone that sits in the ruins of an old Scottish church yard and Iceland's Husafell Stone as well as many more.

### **Training Lab**

Master's Highland Games divisions have grown exponentially in the last few years. The sport is driven by participation and this group is the most active of any. Mr Kerry Overfelt has developed a training manual specifically directed at this population of Highland Game thrower's. Explore all aspects of training and throwing in this book, with funny stories and personal anecdotes interjected to keep the reader entertained.

### **Behemoth: Power Training for Strength Athletes**

An award-winning cultural history of how we experience the world through art, film and architecture Atlas of Emotion is a highly original endeavor to map the cultural terrain of spatio-visual arts. In an evocative blend of words and pictures, Giuliana Bruno emphasizes the connections between “sight” and “site” and “motion” and “emotion.” In so doing, she touches on the art of Gerhard Richter and Louise Bourgeois, the filmmaking of Peter Greenaway and Michelangelo Antonioni, media archaeology and the origins of the museum, and her own journeys to her native Naples. Visually luscious and daring in conception, Bruno’s book opens new vistas and understandings at every turn.

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## **Periodization Training for Sports**

Uncovering the true origins behind today's traditions, Webster details the development of the gatherings from ancient Celtic roots to current international status.

## **Diplomacy's Value**

Keith Yandell's *Philosophy of Religion: A Contemporary Introduction* was one of the first textbooks to explore the philosophy of religion with reference to religions other than Christianity. This new, revised edition explores the logical validity and truth claims of several world religions—Christianity, Judaism, Islam, Hinduism, Buddhism, and Jainism—with updated, streamlined discussions on important topics in philosophy of religion such as: Religious pluralism Freedom and responsibility Evidentialist Moral Theism Reformed Epistemology Doxastic Practice Epistemology The problem of evil Ontological and cosmological arguments Other new features include updated Questions for Reflection, and new Annotated Bibliographies for each chapter, as well as an updated Glossary. This exciting new edition, much like its classic predecessor, is sure to be a classroom staple for undergraduate students studying philosophy of religion, as well as a comprehensive introductory read for anyone interested in the subject.

## **High-Powered Plyometrics, 2E**

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In this groundbreaking book, Knight shows how the Qabalah and its basic diagram, the Tree of Life, is a system of relationships among mystical symbols that can be used to gain access to the hidden reaches of the mind. He also demonstrates how the Qabalah is applicable to all mystical traditions and religious beliefs, including Christian mysticism, Greek, Egyptian and Celtic mythologies, and even Native American beliefs. It is indeed symbolic of our universal search for the Divine. Included here are two books in one. The first compares the Western Mystery Tradition with the Eastern system of yoga, analyzes the Tree of Life in full detail, and describes the practical application and theories of Qabalistic symbolism. The second gives the most comprehensive analysis ever published of the twenty-two 'Paths of Concealed Glory' that join the Spheres of the Tree of Life taking into account the Hebrew alphabet, astrological signs, and tarot trumps. A large section explores the history of tarot design and the varying systems of correspondence with the Tree of Life.

### **Atlas of Emotion**

### **Victor Moritz Goldschmidt**

A guide to strength training for competitive Highlands games sports.

### **Giantcraft**

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Concise and informative, *The Art of Throwing* is the ultimate introduction to the exciting world of throwing weapons. It provides thorough explanation and instruction on everything from grips and stances, targets and trajectories, and even how to construct your own weapons. The fundamentals of weapon throwing are easy to learn, but mastering aim—let alone mastering aim with a variety of weapons—involves time, effort and practice. Let *The Art of Throwing* ease your transition from novice to expert with its detailed, but easy to follow instructions from an author who has spent years mastering his technique. With a foreword by knife throwing legend Joe "Brokenfeather" Darrah, this edition includes updated information and an hour-long downloadable video to better aid newcomers in learning the basics or help experienced throwers perfect their techniques. *The Art of Throwing* includes: Basic concepts—Grips, Methods, and Mechanics Throwing implements—The Bagakay, the knife, the ax, and the spear Japanese throwing implements—The Shuriken and the Shaken Chinese throwing implements—The flying dart, the golden coin dart, the flying steel olive, and the flying sticker Other throwing implements—The western dart and the boomerang Sport and defensive throwing Weapon and hand care

## **The Encyclopedia of Demons and Demonology**

A course in Christian Qabalistic Magic, first published in 1975 and providing a comprehensive overview of the history and practice of magic from a broadly Christian perspective. Includes practical exercises and methods of inner plane communication.

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## **Heavy/Light**

When he began his career with the Saskatoon Police in 1987, Ernie Louttit was only the city's third native police officer. "Indian Ernie", as he came to be known on the streets, details an era of challenge, prejudice, and also tremendous change in urban policing which included the Stonechild Inquiry. Drawing from his childhood, army career, and service as a veteran patrol officer, Louttit shares stories of criminals and victims, the night shift, avoiding politics, but most of all, the realities of the marginalized and disenfranchised. Though Louttit's story is characterized by conflict, danger, and violence, he argues that empathy and love for the community you serve are the greatest tools in any officer's hands, especially when policing society's less fortunate.

## **Experience of the Inner Worlds**

More than 10 years in the making, Behemoth sets out to make you just that: a Behemoth. Developed by multi-time world and national Scottish Highland Games champion Daniel McKim, this program is not for the unmotivated, but the athlete looking to take his/her training and athletic performance to new arenas. Should you choose to embark on this 14 week journey, know that when the fog clears, you'll arise the most explosive, athletic and strongest you've ever been. Inside you lurks a Behemoth.

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## **Art of Throwing**

An entertaining reference on English folklore features 1250 entries that shed new light on the colorful history behind the holidays, legends, superstitions, traditions, contemporary urban legends, and customs of England, discussing such topics as Mother Goose, Robin Hood, folk cures, wishbone wishes, festivals, and more.

## **World History of Highland Games**

Strength LAB: Explosive Power and Maximum Strength for Athletes This book is the follow up from Matt Vincent's Training LAB. The first book was a block periodization training program aimed at strength athletes specifically those training for the Highland Games. Matt is the 2012 Highland Games World Champion. He also also competed at a national level in Strongman, Weightlifting, and Powerlifting. He also participates in Crossfit helping athletes when he can with programming and becoming the strongest athlete they can become. Strength LAB: explains his philosophies for training as well as lays out block programming for any strength athlete looking to build max strength and explosive power. Focus on big Main lifts, Squat, Deadlift, Bench, Push Press, Snatch, and Clean. He covers Mobility issues, Conditioning, and a simple training program called "The HVIII". It is a 5 week program, simple and effective, run it on repeat and keep making progress. Cheers and Spread the HVIII

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## **The Conversation Code**

Throwing LAB- is the follow up to Training LAB. Throwing LAB is a fully comprehensive Technical Manual for how to throw all of the 9 events in the Highland Games. 84 pages of Pictures breaking down each of the events and frame by frame shots of each. This is a step by step description of how to perform each of the throws. Also included is how to program your throwing sessions as well as the drills that will be helpful in making gains. Table of Contents: Introduction by Steve Pulcinella - 4 Throwing LAB - 5 Basic Principals of Throwing LAB - 6 Basics for Throwing in Highland Games - 8 Braemar - 11 Open Stone - 14 Weights 56 & 28 - 25 Hammers 22 & 16 - 30 Caber - 37 Sheaf - 40 Weight over Bar - 46 Off Weight Implements -48 DIY Caber - 49 Gear - 51 Programming - 54 Outro - 60 Acknowledgements - 61 Reference Pictures - 64

## **The Leading Facts of English History**

## **The Highland Clans**

“A brisk and accessible guide to a thousand years of reiving and rivalry in the Highlands.”  
—The Scotsman

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## **Manual Of The Mercenary Soldier**

Featuring a wide range of international case studies, Ethics, Technology, and Engineering presents a unique and systematic approach for engineering students to deal with the ethical issues that are increasingly inherent in engineering practice. Utilizes a systematic approach to ethical case analysis -- the ethical cycle -- which features a wide range of real-life international case studies including the Challenger Space Shuttle, the Herald of Free Enterprise and biofuels. Covers a broad range of topics, including ethics in design, risks, responsibility, sustainability, and emerging technologies Can be used in conjunction with the online ethics tool Agora (<http://www.ethicsandtechnology.com>) Provides engineering students with a clear introduction to the main ethical theories Includes an extensive glossary with key terms

## **Training for Speed, Agility, and Quickness, 3E**

For more than 13 years Daniel McKim has refined his technique across all nine events in the Scottish Highland Games. Over that time period, he's accumulated four professional World Championships and six professional National Championships. He remains one of only five men in history to ever win three or more world titles. Known most for his hammer (world records) and caber tossing prowess, McKim dives into all the events in this book, breaking down each and every one to the very smallest detail. His book is best used in conjunction with his library of informative videos on YouTube and other social media platforms. From a first-time thrower

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to a seasoned veteran, every heavy athlete can pull a nugget or two out of this training manual.

## **A Dictionary of English Folklore**

Fantasirollespil.

## **Art of the Catapult**

What is the value of diplomacy? How does it affect the course of foreign affairs independent of the distribution of power and foreign policy interests? Theories of international relations too often implicitly reduce the dynamics and outcomes of diplomacy to structural factors rather than the subtle qualities of negotiation. If diplomacy is an independent effect on the conduct of world politics, it has to add value, and we have to be able to show what that value is. In *Diplomacy's Value*, Brian C. Rathbun sets forth a comprehensive theory of diplomacy, based on his understanding that political leaders have distinct diplomatic styles: coercive bargaining, reasoned dialogue, and pragmatic statecraft. Drawing on work in the psychology of negotiation, Rathbun explains how diplomatic styles are a function of the psychological attributes of leaders and the party coalitions they represent. The combination of these styles creates a certain spirit of negotiation that facilitates or obstructs agreement. Rathbun applies the argument to relations among France, Germany, and Great Britain during the 1920s as well as Palestinian–Israeli negotiations since the 1990s. His analysis, based on an intensive

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analysis of primary documents, shows how different diplomatic styles can successfully resolve apparently intractable dilemmas and equally, how they can thwart agreements that were seemingly within reach.

### **The Ideal Muslim**

communication guide.

### **A Treatise on Field Fortification**

Covers the history of the Frisbee and its current role in competition sports in addition to demonstrating the fundamentals and fine points of play

### **The Ideal Muslimah**

### **Scottish Miscellany**

In *Rebuilding Shattered Lives*, James A. Chu, MD, describes a proven approach to the assessment and treatment of post-traumatic and dissociative disorders developed at the Dissociative Disorders and Trauma Program at McLean Hospital and Harvard Medical School.

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Drawing on his extensive empirical research and more than a decade's clinical experience specializing in treating survivors of severe abuse, Dr. Chu also offers valuable insights into all the major areas of traumarelated symptomatology and provides the most detailed explanation of dissociative theory currently in print. And, with the help of numerous vignettes and case examples, he clearly illustrates common clinical dilemmas encountered when dealing with survivors of severe abuse as well as the most effective techniques for resolving them.

Rebuilding Shattered Lives is an important working resource for mental health workers of all levels of experience. Throughout, the writing style is clear, and complex theories are explained with an emphasis on how they provide the conceptual basis for a rational, responsible, and safe approach to treatment.

### **Throwing Lab**

The book includes new material, in particular examples of 3-D models and techniques for using kinematic models to predict fault and ramp-anticline geometry. The book is geared toward the professional user concerned about the accuracy of an interpretation and the speed with which it can be obtained from incomplete data. Numerous analytical solutions are given that can be easily implemented with a pocket calculator or a spreadsheet.

### **Rebuilding Shattered Lives**

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Whether playing at defending their own castle or simply chucking pumpkins over a fence, wannabe marauders and tinkers will become fast acquainted with the ancient artillery devices known commonly as catapults. Updated and improved instructions and diagrams illustrate how to build ten authentic working model catapults. The colorful history of siege warfare is explored through the stories of Alexander the Great and his battle of Tyre; Saladin, Richard the Lionheart, and the Third Crusade; pirate-turned-soldier John Crabbe and his ship-mounted catapults; and Edward I of England and his battle against the Scots at Stirling Castle.

### **The Makers of Scotland**

High-Powered Plyometrics presents exercises and programs used by today's top athletes, coaches, and conditioning experts for development of explosive power, strength, and speed. Along with exclusive access to an online video library, it features 23 programs for 21 sports and the latest training methods, equipment, and assessments as well as 79 exercises for increasing power.

### **Indian Ernie**

The true Islamic personality as defined by the Qur'an and Sunnah presents a comprehensive overview of the way in which the Prophet (peace and blessings of Allah be upon him) and his Companions lived. This picture of the practical aspects of a truly Islamic lifestyle serves as a

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timely reminder for all of us. At a time when unIslamic and antiIslamic influences are spreading, via modern technology, to the heartlands of Islam and even to the remotest regions, a Muslim needs to hold firm to the distinct character of our faith, as prescribed by Allah and revealed through His Prophet (peace and blessings of Allah be upon him). Dr. Muhammad 'Ali alHashimi presents a wellthought out guide to the Islamic lifestyle. He starts with the Muslim's relationship with his Lord, which is the most important aspect of his life, and provides the foundation for all his other relationships. From there, he outlines how the Muslim should relate to every person in his life, starting with himself and his family, and moving on, by stages, to encompass every member of the community or society. Each point is supported by extensive quotations from the Qur'an and the Sunnah of Prophet Muhammad (peace and blessings of Allah be upon him).

### **A Practical Guide to Qabalistic Symbolism**

Whether you're a retired soldier, a seeker of adventure, or simply one who wants to gain insight into today's soldier of fortune, this manual covers everything you need to know: clients and accounts, how to assume the "chameleon mode," money and survival, psywar ops, shock warfare and classic SOF cities. Seasoned professional mercenary Paul Balor reveals the experiences, tricks of the trade and hard-learned lessons that have kept him alive for more than four decades.

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## **And They Called His Name Immanuel**

Why is the tartan so important? What is worn under a kilt? How much of the story in Braveheart is real? How do you make haggis?

## **Philosophy and Design**

During the first millennium AD the most northerly part of Britain evolved into the country known today as Scotland. The transition was a long process of social and political change driven by the ambitions of powerful warlords. At first these men were tribal chiefs, Roman generals or rulers of small kingdoms. Later, after the Romans departed, the initiative was seized by dynamic warrior-kings who campaigned far beyond their own borders. Armies of Picts, Scots, Vikings, Britons and Anglo-Saxons fought each other for supremacy. From Lothian to Orkney, from Fife to the Isle of Skye, fierce battles were won and lost. By AD 1000 the political situation had changed for ever. Led by a dynasty of Gaelic-speaking kings the Picts and Scots began to forge a single, unified nation which transcended past enmities. In this book the remarkable story of how ancient North Britain became the medieval kingdom of Scotland is told.

## **Outlander Kitchen**

## **Master's Highland Games Training Manual**

Sport conditioning has advanced tremendously since the era when a “no pain, no gain” philosophy guided the training regimens of athletes. Dr. Tudor Bompa pioneered most of these breakthroughs, proving long ago that it's not only how much and how hard an athlete works but also when and what work is done that determine an athlete's conditioning level. Periodization Training for Sports goes beyond the simple application of bodybuilding or powerlifting programs to build strength in athletes. In this new edition of Periodization Training for Sports, Bompa teams with strength and conditioning expert Carlo Buzzichelli to demonstrate how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases (anatomical adaptation, hypertrophy, maximum strength, conversion to specific strength, maintenance, and tapering) and integrating them with energy system training and nutrition strategies. Coaches and athletes in 35 sports have at their fingertips a proven program that is sure to produce the best results. No more guessing about preseason conditioning, in-season workloads, or rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented with plenty of ready-made training schedules, Periodization Training for Sports is your best conditioning planner if you want to know what works, why it works, and when it works in the training room and on the practice field. Get in better shape next season and reap the benefits of smarter workouts in competition. Own what will be considered the bible of strength training for sport of the next decade.

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## **Frisbee**

This volume provides the reader with an integrated overview of state-of-the-art research in philosophy and ethics of design in engineering and architecture. It contains twenty-five essays that focus on engineering designing in its traditional sense, on designing in novel engineering domains, and on architectural and environmental designing. This volume enables the reader to overcome the traditional separation between engineering designing and architectural designing.

## **Strength Lab**

The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

## **Stonelifting**

Explores this dark aspect of folklore and religion and the role that demons play in the modern world. Includes numerous entries documenting beliefs about demons and demonology from ancient history to the present.

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## **Philosophy of Religion**

Heavy/Light is the first manual to create a full-season block periodization approach for athletes competing in the Scottish Highland Games. The goal of this manual is to create an easy-to-follow foundation for what do to on the practice field, and how to make the best of your time practicing the throws. This is built as a companion piece to Matt Vincent's Strength Lab, but it can be paired with any strength and conditioning program if you are a Highland Games athlete. Any sport played at a higher level involves deconstructing the way it's played into drills, variations, and then approaching game speed. The Highland Games should be treated no differently.

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