



# **Bones of Iron: Collected Articles on the Life of the Strength Athlete**

*Matt Foreman*

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Bones of Iron is a collection of articles by Matt Foreman that appeared in the Performance Menu journal between 2008 and 2011 along with a few new pieces of material. Foreman's background in Olympic weightlifting, powerlifting and coaching multiple sports gives him unique perspective and insights into a wide array of elements not only of strength training and competition, but all athletic pursuits and life itself. The chapters are rife with as much humor as helpful training information, and Foreman covers topics ranging from practical guidelines for designing training programs to personal experiences with training and competition.

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