

# Charles Poliquin German Body Comp Program

Charles Poliquin

*attempts failed due to physical injury. The Poliquin Principles*

1997, 2006 The German Body Comp Program - 1997, 2005 Manly Weight Loss - 1998 Modern - Charles R. Poliquin (March 5, 1961 – September 26, 2018) was a Canadian strength coach, author and low-carbohydrate diet advocate. He was known within the bodybuilding community for his articles on strength training and for his unconventional meat and nuts diet.

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