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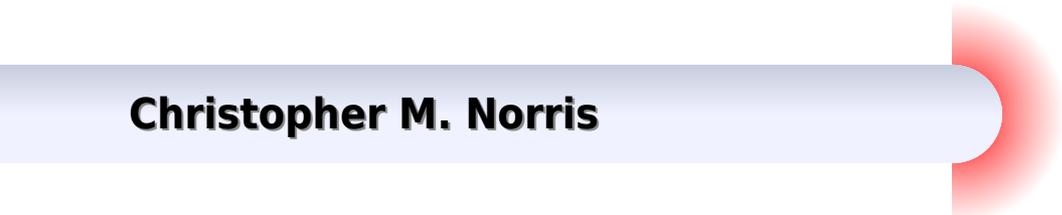
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TRAINING



THE SCIENCE OF EXERCISE

Max Contraction Training

Christopher M. Norris



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brief but intense training but the magazines personal trainers and the current crop of bodybuilding champions all advocate training methods that are the exact opposite The advanced bodybuilder tries these routines fails at his goal and then if he hasn't already decides that growth drugs are the only solution to his dilemma Thus begins the end of his legitimate muscle gains and often the end of any attempt to lead a normal and happy life After years of researching the dilemma of the advanced bodybuilder bodybuilding pioneer John Little creator of Max Contraction Training offers the first scientific and practical solution the Omega Set an ultra intense variation on the Max Contraction theme engineered specifically and exclusively for the advanced trainee Although the data is still preliminary at this juncture advanced trainees have gained upwards of 26 pounds in 12 weeks employing this revolutionary new protocol In addition Little reveals and offers solutions to the physiological and psychological obstacles that await the advanced bodybuilder on the path to his future progress Unlike most advanced bodybuilding books that simply council the advanced trainee to add more and hope for the best Little clearly and unambiguously reveals precisely the cause and effect relationship between advanced training methods and advanced training results Max Contraction Training For Advanced Bodybuilders breaks new ground in bodybuilding training and represents the final Omega word in high intensity training

Progress in muscle research Gaëtan Jasmin, Eörs Bajusz, 1962

Strength Training for Golfers John Little, 2012-07-03 For years the importance of strength training for golfers was maligned or dismissed But now that more and more golfers have turned to strength training to augment their game with outstanding results we now know that proper strength training is an absolutely critical factor in improving not only the golfer's overall fitness level but in dramatically improving his or her game as well In Strength Training for Golfers John Little offers a workout and training schedule specific to the unique fitness needs of the golfer The result of a successful ten year study the Max Contraction exercises included in this book specifically target the muscles used in the golf swing to help increase strength flexibility and muscle endurance and add on average up to twenty additional yards of distance off the tee

Muscular Dystrophy Abstracts, 1988 *AGARD Conference Proceedings* North Atlantic Treaty Organization. Advisory Group for Aerospace Research and Development, 1971

Track & Field Quarterly Review, 1987

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The Journal of the Association for Physical and Mental Rehabilitation, 1954 **Federation Proceedings** Federation of American Societies for Experimental Biology, 1962

Fitness and Wellness Strategies Lon H. Seiger, 1995 Exercise Physiology Milan Svoboda, 1981

Conquer the World Chas Messenger, 1968 **Classical Studies on Physical Activity** Roscoe Conkling Brown (Jr.), Gerald S. Kenyon, 1968 Revue Canadienne de Biologie, 1962 *Neuroprosthetics: from Basic Research to Clinical Applications* Antonio Pedotti, 1996-07-02 The volume contains papers presented at a workshop of held from September 28 October 1st in Eibsee near Munich Germany The aim of the workshop was to present results of

interdisciplinary research which aims to help handicapped persons suffering from paraplegia or hemiplegia to regain the capability to stand or walk The contributions cover both fundamental research and clinical applications

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