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Max Contraction Training: The Scientifically Proven ...

Max Contraction weight training is a quick way to build muscle mass with only 15 minutes in the gym once to twice a week. You lift heavy weights slowly until muscle failure which is a little painful. You can only do between 3 and 5 exercises a session an each exercise lasts between 60 to 90 seconds each.

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Amazon.com: Max Contraction Training: The Scientifically ...

We have used static and Max-Contraction training (including max pyramid protocol) extensively at Ideal Exercise. It is a very productive training method and particularly effective for working around limitations in machines with a less than ideal resistance curve.

Static Contraction Training—Critical MAS

With Omega Set training you can gain as much as 18 pounds of lean, hard muscle in as little as 4 weeks--without fad diets, supplements, or anabolic drugs. Taking bodybuilding pioneer John Little's Max Contraction Training to a whole new level of intensity, this science-based system is specifically engineered for advanced bodybuilders who demand results measured in pounds and inches of pure muscle.

Advanced Max Contraction Training: Amazon.co.uk: Little ...

In my new book Max Contraction Training: The Scientifically Proven Program for Building Muscle Mass in Minimum Time (New York: McGraw-Hill Publishing, 2004) I present a revolutionary training system. The premise of the Max Contraction system is that there is one place in a muscle's given range of motion that, coupled with adequate resistance, recruits more muscle fibers than any other position—the position of full, or maximum, contraction.

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Maximum-intensity, low-repetition weight training Infrequent workouts that allow the body to respond fully to the exercise Whole-body workouts that exercise the body as a unit Isolation exercises that maximize muscle contraction and muscle fiber recruitment

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