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Now, dozens of scientific trials later, he again revolutionizes bodybuilding technology with Max Contraction Training. Representing a quantum leap forward in fitness training, Max Contraction Training is the culmination of John Little's more than two decades of

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research and experimentation. It is the most efficient way ever devised for maximizing muscle fiber stimulation in the shortest period of time.

Max Contraction Training : The Scientifically Proven ...

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Max Contraction Training: The Scientifically Proven Program for Building Muscle Mass in Minimum Time.
""I had one little miniworkout. I couldn't believe how short the workout was, and how good I felt afterward. . . . This

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technique is going to change your life."

Max Contraction Training: The Scientifically Proven ...

Max Contraction Training : The Scientifically Proven Program for Building Muscle Mass in Minimum Time by John Little is a much better book than Static Contraction Training. Instead of

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being light on text and heavy on photos of steroid monsters, this book dives into the details of how to use static holds to trigger muscle growth.

Max Contraction Training - Critical MAS

Max Contraction Training is the furthest evolution of high intensity training

Read PDF Max Contraction Training The Scientifically Proven Program For Building Muscle Mass In Minimum Time without question. Little's influence by Arthur Jones and Mike Mentzer is unmistakable (and acknowledged within the text), but what he has discovered is his accomplishment alone and something for which he deserves full credit.

Max Contraction Training : The...

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book by John Little

The Max Contraction Training program maximizes muscle fiber stimulation in the shortest amount of time- leading to faster workouts and more impressive gains.

Max Contraction Training: The Scientifically Proven ...

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Now, dozens of scientific trials later, he again revolutionizes bodybuilding technology with "Max Contraction Training." Representing a quantum leap forward in fitness training, "Max Contraction Training "is the culmination of John Little's more than two decades of research and experimentation.

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the shortest period of time.

Max Contraction Training: The Scientifically Proven ...

This is a style of high intensity training that uses 1 set to failure for a handful of exercises. Instead of moving the weight slowly like is done in Body by Science and other slow training methods, this

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uses - as the title alludes to - a static hold of a heavy weight.

Static Contraction Training - Critical MAS

Max Contraction Training | The breakthrough new fitness program for readers who want big gains in little time
"I had one little miniworkout. I couldn't

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believe how short the workout was, and how good I felt afterward.

Max Contraction Training : The Scientifically Proven ...

Max Contraction Training is John Little's follow up to the last book he wrote with Peter Sisco, 'Static Contraction Training'. Max Contraction Training contains some

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really good information and acts as a logical and worthy extension of the principles of high intensity training.

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