

MAX CONTRACTION PDF%0A

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Real muscle real fast, nothing beats advanced Max Contraction Training! Groundbreaking. This is truly an incredible discovery that could cause physiology books to be rewritten.

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Max Contraction Training Critical MAS

Max Contraction is different from other weight lifting protocols in that there are no reps . The weight is lifted slowly to the point where the muscle is in maximum contraction. At that point the weight is held fixed for 1 to 6 seconds. Then the weight is slowly lowered. That completes the exercise. You re done. You ve triggered full muscle contraction. Move on to the next exercise. If you were able to hold the weight more than 6 seconds, it was too light. Increase the weight.

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Max Contraction Training HIT HD TEAM ANDRO com

Hallo freeboy Ich glaube mich zu erinnern das Markus das mal trainiert hat oder mit anbietet. Solltest ihn mal fragen. Ich denke in seinem youtube channel oder auf seiner HP gibt es auch ein kleines Video dazu.

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Q A Effectiveness of Max Contraction Training High

After reading the book Advanced Max Contraction Training, I agree that the Omega Set can recruit all muscle fibers types, but it seems that because of the short time duration up to 4 repetitions of 1 to 6 seconds, it cannot effective work the slow-twitch fibers.

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Max Contraction Training

This video was uploaded from an Android phone.

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Max Contraction Iron Man Magazine

Max Contraction takes everything you know about conventional bodybuilding training and throws it out the window. More than two decades of research and refinement, along with thousands of individual case studies, have contributed to the first legitimate 21st-century approach to bodybuilding exercise.

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