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Max Contraction Training The Scientifically Proven

The Max Contraction system reveals why you do not need to spend hours a day and multiple days per week in the gym to have a muscular body. With "Max Contraction Training", beginners and advanced bodybuilders alike can get faster workouts and more impressive gains than they ever thought possible.

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MAX Contraction Training 180 Degree Health

MAX contraction training really stresses the CNS and offers very little in the way of muscle growth. Strength gains are also limited to the range of the movement the contraction is limited to. I have experimented extensively with it and also other protocols like Power Factor Training and at day s end, I found them to be inferior for both strength development and muscle growth.

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Max Contraction Training The Scientifically Proven

[Max Contraction Training: The Scientifically Proven Program for Building Muscle Mass in Minimum Time]Max Contraction Training: The Scientifically Proven Program for Building Muscle Mass in Minimum Time BY Little, John(Author)Paperback | John Little | ISBN: 8601409963426 | Kostenloser Versand f r alle B cher mit Versand und Verkauf duch Amazon.

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