

MAX CONTRACTION PDF%0A

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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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Advanced Max Contraction Training PDF bookslibland net

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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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

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Max Contraction Iron Man Magazine

When those two factors point of contraction and optimum overload are properly aligned, as they are in Max Contraction training, it is possible to stimulate all of a given muscle s fibers thoroughly. Those two factors are, in fact, the only relevant factors in the formula for inducing maximum size and strength increases.

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E. DB hammer curl (double contraction at the top) Active rest: rope triceps extension x 8-12 (not maximal) F. DB preacher curl 1-arm (3 seconds down, 3 seconds down)

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