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The breakthrough new fitness program for readers who want big gains in little time. "The Max Contraction Training" program maximizes muscle fiber stimulation in the shortest amount of time-- leading to faster workouts and more impressive gains.

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Max Contraction Training Critical MAS

I just finished reading John Little s 2004 follow up book to Static Contraction Training. 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.

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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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Q A Effectiveness of Max Contraction Training High

Hi Drew, After reading some of your articles on HIT and after having started training in HIT form, I then found reference to John Little s Max Contraction Training book and bought it.

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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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This video was uploaded from an Android phone.

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THE MAX PYRAMID PROTOCOL 1 4

The Max Pyramid Protocol is a new training method developed by John Little (Max Contraction

Training/Body By Science) designed to maximize inroad while minimizing issues such as force and wear and

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Max Contraction Iron Man Magazine

Even if Max Contraction training yielded the same results as conventional training protocols, the single Max Contraction protocol being briefer would clearly be the more efficient way to train, as nowhere does the scientific literature reveal that training three to four times more will get you three to four times better results.

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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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