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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

The breakthrough new fitness program for readers who want big gains in little time "I had one little miniworkout. I couldn't believe how short the workout was, and how good I felt afterward. . . .

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