

## MAX CONTRACTION PDF%0A

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**Max Contraction Training The Scientifically Proven**

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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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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 The Scientifically Proven**

Max Contraction focuses on only the point of maximum contraction where the maximum number of muscle fibers are activated. This is solid way to increase strength but must be done in conjunction with full range exercise. Doing max contraction by itself provides no real benefit but when combined with full range exercise has the ability to greatly increase muscular strength.

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