

A person in a white tank top and black pants is performing a deadlift in a gym. They are lifting a barbell with a large green weight plate. The background is a dark, industrial-style gym with various equipment and structural elements visible.

STATIC CONTRACTION TRAINING PRINCIPLE

WARNING

NOT FOR BEGINNERS

Static Contraction Training

Peter Sisco, Ironman Magazine



Static Contraction Training:

Static Contraction Training Dennis B. Weis, 2021-12-24 Pete Sisco is the developer of the ultra brief ultra intense method of muscle building called Static Contraction Training He has authored and co authored six titles published by McGraw Hill on the subject of efficient strength training and is a successful online author and publisher of innovative fitness e products Here s an encapsulated early version look at Pete Sisco s 30 Day Static Contraction Training The program begins with the selection of five basic anabolic growth hormone Neuro Muscular Activation NMA Exercises which are excellent for building strength and tolerance for exercise

Max Contraction Training John R. Little, 2004 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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Physiology of Sport and Exercise 6th Edition Kenney, W. Larry, Wilmore, Jack, Costill, David, 2015-03-30 Physiology of Sport and Exercise Sixth Edition frames research findings in physiology in a reader friendly format making this textbook a favorite of instructors and students alike This resource offers a simple way for students to develop an understanding of the body s abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities

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