

Hybrid Training: The Most Powerful Secret In Fitness - Nick Nilsson

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Have you ever wondered how to REALLY maximize every single moment of every single rep of every single set to build muscle and strength FASTER? Standard exercise technique is NOT the answer! If you're interested in maximum strength and muscle-building, standard-form reps are NOT the most efficient way to train. Regular reps don't optimize muscle tension from start to finish. Hybrid training does! Hybrid Training is THE single most powerful and "outside the box" fitness and muscle building technique ever developed. This book will have you using multiple types of resistance AT THE SAME TIME to more fully work the target muscle with NO ADDITIONAL EFFORT. If you're serious about your training, you NEED the information in this book. It's going to save you days, months, and even YEARS of wasted time and effort. Author: Nilsson, Nick Publisher: Price World Publishing Illustration: N Language: ENG Title: Hybrid Training: The Most Powerful Secret in Fitness Pages: 00000 (Unencrypted EPUB) / 00000 (Encrypted EPUB) On Sale: 2012-02-07 SKU-13/ISBN: 9781619840201 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Health & Fitness : Exercise Category: Health & Fitness : Men's Health

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