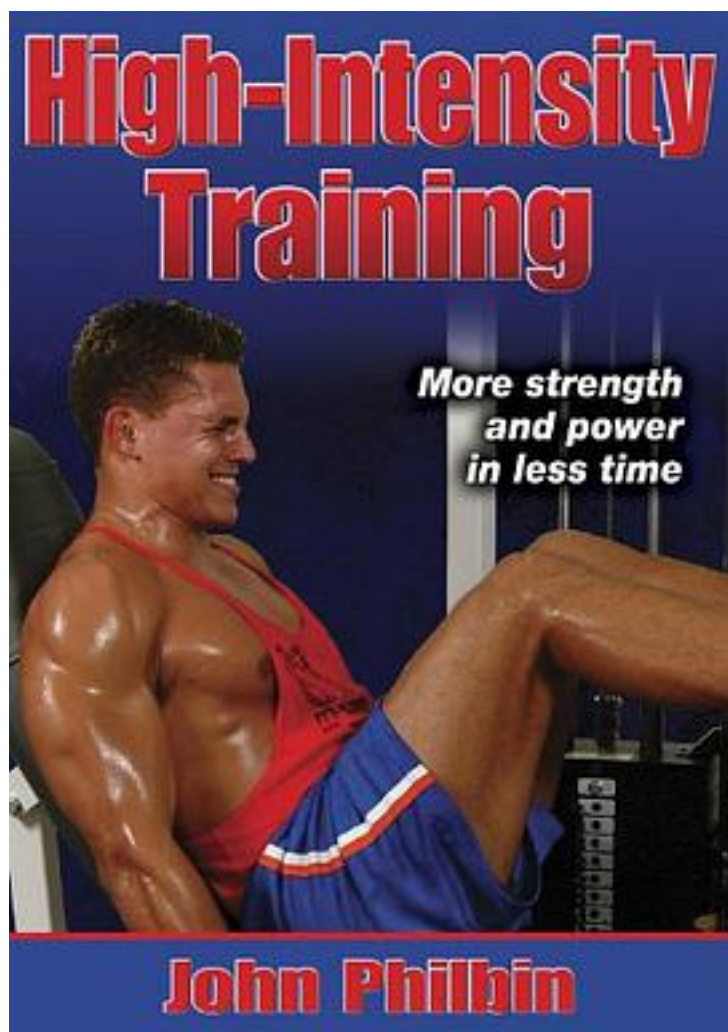


High-Intensity Training



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The High Intensity Training system is the most efficient and effective approach for

maximum strength development available today for athletes. This book provides a solid introduction for understanding and implementing this system into weightlifting or sports training programmes. The system is supported by scientific research and is a compilation of Coach John Philbin's 25 years of experience with athletes at all levels, from Fernando Vargas to Lennox Lewis. It produces strength gains by teaching readers how to perform repetitions effectively, making muscles work harder and by providing deeper stimulus to the muscle fibres throughout the entire range of motion.

作者介绍:

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