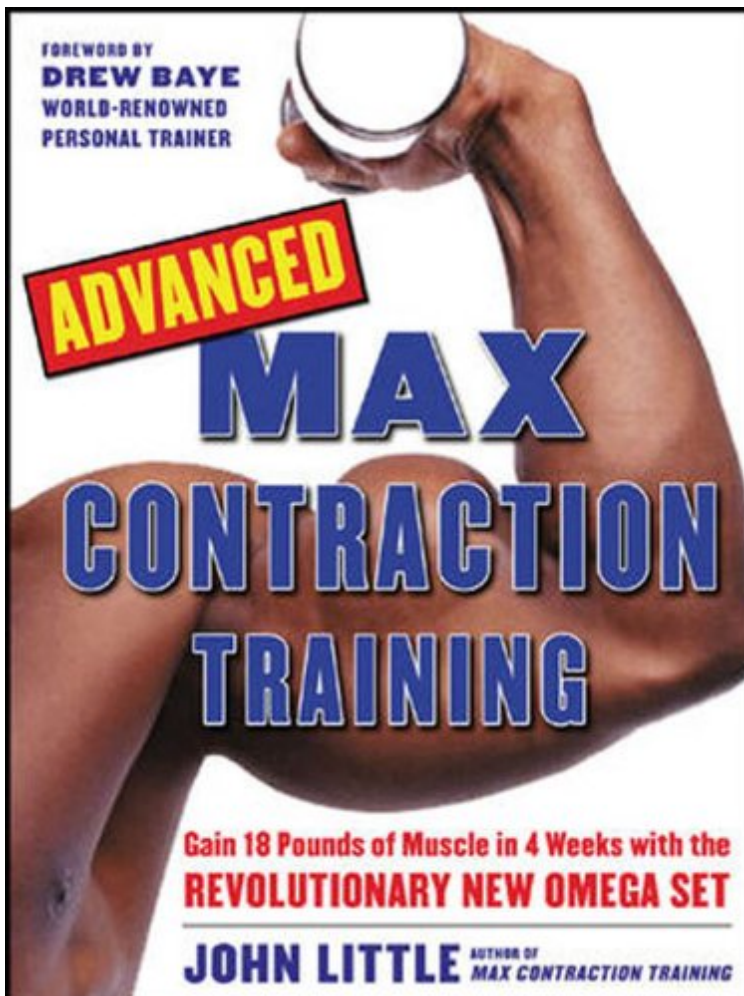


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Advanced Max Contraction Training



Par John R. Little
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Description :

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three minutes? You better believe it! Larger muscles. Stronger techniques. Fewer injuries. What more do you want?"--Martial Arts Training magazine "This training approach has begun to stimulate our thinking in entirely new directions."--Muscle Fitness "Don't be surprised if you see substantial results in only three workouts! That's how good this system is."--Muscular Development

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