



Advanced High Intensity Training Variables

David R Groscup

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A companion to the popular book DR HIT's Effective High Intensity Variables, this volume focuses on the incredibly effective HIT Variables Burn Reps, Partial Reps, Super X Contractions and Rolling Static Partials. These techniques have been used by many bodybuilders to rapidly increase muscle growth and have been proven in the gym to be a superior way to build physiques using brief, intense workouts. Everything is explained in precise detail so the bodybuilding enthusiast can implement these techniques into their workouts right away. "Delivers incredible muscle gains" "I highly recommend this book" "Another great book on HIT training" "Increased my results in no time!" Buy the Author's other best-selling books: DR HIT's Effective High Intensity Variables DR HIT's Ultimate Bodybuilding Guide: Chest DR HIT's Ultimate Bodybuilding Guide: Arms Successful Bodybuilding With Machines Ask The Trainer: Expert Answers to Your Training Questions The Training Bible <http://drhitshighintensitybodybuilding.blogspot.com/> David Groscup has over 35 years HIT training experience and is certified by the IART/Med-Ex as a HIT,High Intensity Training Specialist.

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