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Max Contraction Training Critical MAS

Max Contraction is different from other weight lifting protocols in that there are no reps . The weight is lifted slowly to the point where the muscle is in maximum contraction. At that point the weight is held fixed for 1 to 6 seconds. Then the weight is slowly lowered. That completes the exercise. You re done. You ve triggered full muscle contraction. Move on to the next exercise. If you were able to hold the weight more than 6 seconds, it was too light. Increase the weight.

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Max Contraction Training Bodybuilding com Forums

Ive read a ton on the subject. I do alot of strong range partials..you can also do whats called Static Contraction, where you dont move the weight but an inch or so (just to get it off the rack) You nearly double weights using static contractions, or max contractions.

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MAX Contraction Training 180 Degree Health

MAX Contraction takes advantage of these two simple principles to subject your muscle to a much greater challenge than just doing a regular repetition until you can't perform any more. This won't trigger swollen muscles developed through sarcoplasmic hypertrophy like traditional weight training. But it may have a superior impact on strength and metabolic health with less hormonal damage or taxation on your recuperative abilities than typical muscle-building training.

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No 172 1986 COMPARATIVE STATICS IN DYNAMIC PROGRAMMING

the value functions are contraction mappings (ensuring the consistency of the model), then, under very weak conditions, these value functions are differentiable with respect to the exogenous parameters of the model.

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Max Contraction Iron Man Magazine

When those two factors point of contraction and optimum overload are properly aligned, as they are in Max Contraction training, it is possible to stimulate all of a given muscle's fibers thoroughly. Those two factors are, in fact, the only relevant factors in the formula for inducing maximum size and strength increases.

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