

MAX CONTRACTION TRAINING JOHN LITTLE%0A

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[Q&A: Effectiveness of Max Contraction Training High ...](#)

After reading some of your articles on HIT and after having started training in HIT form, I then found reference to John Little's Max Contraction Training book and bought it. After reading it, I have to admit that I am fascinated by the book and am curious to know if you ever trained in the Max

[Max Contraction Training: The Scientifically Proven ...](#)
Representing a quantum leap forward in fitness training, Max Contraction Training is the culmination of John Little's more than two decades of research and experimentation. It is the most efficient way ever devised for maximizing muscle fiber stimulation in the shortest period of time. Imagine a 10-second workout (yes, you read that right!) performed once a week that can stimulate up to 30

[MAX Contraction Workout | danielseidel.com - Notes](#)
The MAX Contraction training is also a high intensity training like the Big Five Workout I mentioned in the previous post. The book was written by John Little who was also a coauthor of the Body By Science book.
[THE MAX PYRAMID PROTOCOL 1/4](#)

The Max Pyramid Protocol is a new training method developed by John Little (Max Contraction Training/Body By Science) designed to maximize inroad while minimizing issues such as force and wear and
[MAX Contraction Training - 180 Degree Health](#)
MAX contraction training really stresses the CNS and offers very little in the way of muscle growth. Strength gains are also limited to the range of the movement the contraction is limited to. I have experimented extensively with it and also other protocols like Power Factor Training and at day's end, I found them to be inferior for both strength development and muscle growth.

[Advanced Max Contraction Training: John Little ...](#)

About the Author, John Little is the author of more than 30 books on bodybuilding, martial arts, history, and philosophy and the creator of Max Contraction™ Training ([maxcontraction.com](#)).

[Advanced Max Contraction Training: John Little: Books ...](#)

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