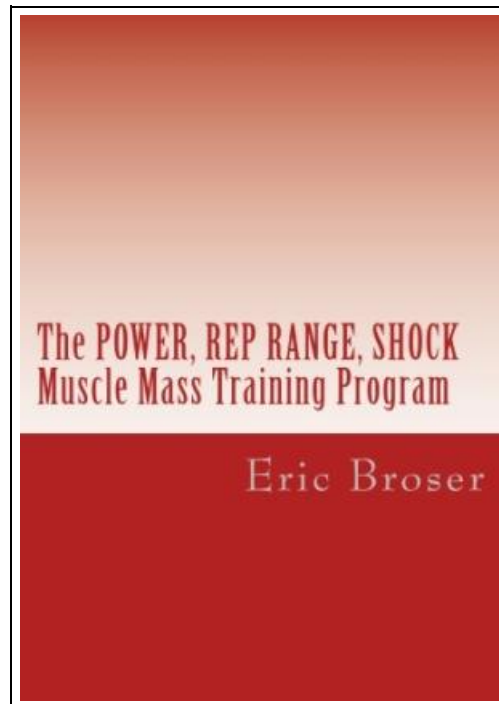


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Createspace, United States, 2013. Paperback. Book Condition: New. 246 x 173 mm. Language: English . Brand New Book. Most people tend to fall into one specific way of training early on, and then rarely break very far from it as the years go by. As long as trainees are progressive with the weights they use, this approach will work, at least for the first few years of training. However, as more time goes by, this one dimensional system will bring about progressively diminishing returns as far as hypertrophy is concerned, and along with it, increasing frustration. This situation may lead some towards dangerous anabolic steroids, others to add far too much volume to their workouts (thinking they are not doing enough), and a few to quit training altogether. Obviously, none of these are very positive solutions to the problem at hand. What many people fail to realize is how incredibly adaptable the human body can be, and how low on the priority list gaining large amounts of muscle is to our bodies. Like I said, for the first couple of years, as long as you workout consistently, and progressively heavier, you will be able to get bigger. However, after a while, simply lifting heavier weights is not a novel enough stimulus to trigger the body into adding more muscle . Not only that, but this is a very narrow approach to training that leaves various pathways to growth completely untouched, and your full potential entirely untapped! Most people focus only on training the Type II muscle fibers because they have the greatest potential for hypertrophy. However, to reach the outer boundaries of our genetic limit, we need to train every single fiber along the continuum, from the slowest of the slow, to the fastest of the fast. In addition, we...



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