



Dr HIT'S Ultimate BodyBuilding Guide: High Intensity Methods For Rapid Muscle Growth: Chest

David Groscup

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This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT. Practical training routines are given for all levels of trainees, from beginner through advanced bodybuilders. Build a strong, powerful, well-developed chest quickly with this manual! Some of the topics covered are:

- When to use advanced HIT variables such as forced reps, negatives, super contraction holds, partials, burns, rest-pause, slow contractions and much more!
- The proper methods to use to cycle intensity to keep your chest growing
- How to "shock" your chest back to new growth after a sticking point
- Proper amount of sets and reps to use for maximum growth
- The history of high intensity training and why it is the only scientifically-based method of training

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