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Static Contraction Training

Peter Sisco, John Little

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"This is truly an incredible discovery that could cause physiology books to be rewritten." -- *Ironman Magazine* "A thorough, productive weight workout in less than three minutes? You better believe it! Larger muscles. Stronger techniques. Fewer injuries. What more do you want?" -- *Martial Arts Training Magazine* From bodybuilding and fitness pioneers Peter Sisco and John R. Little comes this revolutionary guide to building maximum muscle size and strength--using workouts that last as little as two minutes! Based on the authors' groundbreaking new research, *Static Contraction Training* reveals how a program consisting of only six 15- to 30-second exercises per workout will build muscle size and strength more efficiently than any other method. Learn firsthand the concepts that are revolutionizing bodybuilding, including:

- Why training more than once a week--or longer than five minutes--can compromise your progress
- How to stimulate maximum muscle mass
- Nutritional fact vs. fiction
- Gaining muscle without fat
- Your weak link and how to overcome it in your next workout
- The "law" that guarantees you huge muscle growth Whether you are a weekend athlete, beginning bodybuilder, or champion, the information in this book will forever change the way you view bodybuilding and strength training exercise. Peter Sisco is editor of *Ironman Magazine's Ultimate Bodybuilding* series and co-author of *Power Factor Training* and *The Golfer's Two-Minute Workout*. John R. Little, the innovator of the Static Contraction Method of strength training, is the editor of the Bruce Lee Library Series and co-author of *Power Factor Training* and *The Golfer's Two-Minute Workout*.

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