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Tue, 09 Oct 2018 16:49:00 GMT - Kris Gethin's DTP: 4 Weeks To Maximum Muscle Kris Gethin is back, and he's here to help you get bigger than ever. Get ready to build muscle, strength, and power. Get ready to grow.

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Sun, 07 Oct 2018 11:36:00 GMT - The Max Muscle Plan Course Objectives After completing the Max Muscle Plan course, the participant will: 1. Understand the science and physiology behind the MAX program 2. Understand how muscles adapt to training 3. Gain knowledge in over 100 exercises while providing clients with expert tips for optimal performance 4.

The Max Muscle Plan - Exercise ETC -

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Maximum Muscle: The Science of Intelligent Physique Training -

Fri, 28 Sep 2018 22:38:00 GMT - Volume is the number one enemy of natural muscle growth. This unique program is based on this principle and uses the most powerful way to create maximum growth stimulus without the drawbacks of excessive volume.

MAXIMUM MUSCLE MASS PROGRAM - Thibarmy -

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STRENGTH & MUSCLE BUILDING PROGRAM -

- Chapter 4 | BIOMECHANICS OF SKELETAL MUSCLE 49 there is some evidence that fibers exhibit varied shortening capabilities [15]. The absolute amount of shortening a fiber undergoes is a function of its fiber length.

Similarly, the amount a whole muscle can shorten is dictated by the length of its constituent fibers.

Biomechanics of Skeletal Muscle -

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