



An Introduction to: Static Contraction Training - The World's Fastest Workout

Pete Sisco

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Introducing a Better Way to Build Muscle

An introduction to the widely-acclaimed Static Contraction method of ultra-efficient strength training. This new Kindle e-book shows men and women at any age, from total beginner to professional athlete, how to perform common exercises in a new, simplified manner that delivers amazing results from 5-second exercises that need only be performed once or twice per month.

The three basic upper body exercises in this introduction to Static Contraction training will permit the reader to experience for him or herself the positive results and benefits of this highly efficient and sustainable exercise method.

In contrast to the recent fad of 'extreme,' 'insane' and 'boot camp' exercise programs, which involve many hours of exercises every week, Static Contraction Training was created to deliver the greatest results from the least time in the gym. The workouts are very brief and as you progress the workouts get farther apart. Every workout delivers a measurable improvement, ensuring the very best form of motivation.

Moreover, efficient Static Contraction training means your overall energy is not depleted by long, grueling workouts and there is also much less wear and tear on your body with a brief, infrequent workout routine.

TABLE OF CONTENTS

INTRODUCTION

- About Static Contraction
- Static Contraction in Contrast to Conventional Training

STRENGTH AND HEALTH

- Most Workouts Are Not Sustainable
- Nine Big Benefits of Strength Training

WOMEN, MUSCLE AND FAT LOSS

- Stop Lying to Women
- Muscle Burns Fat and Makes You Look Great

MINIMUM DOSAGE AND MAXIMUM EFFICIENCY EXERCISE

- Examining False Gym Lore

WORKING WITH FACTS

- Needless Doubt and Confusion
- What We Know for Certain

TESTING STATIC CONTRACTION TRAINING

- Always Improving Efficiency
- Ongoing Research

RECOVERY

- Full Recovery is Critical
- Three Links in a Chain

WARMING UP

- Warm-up is Subjective
- A Warm-up is Not a Workout

THREE BIG STATIC CONTRACTION EXERCISES

- Training Frequency
- What Weight to Use
- Static Holds
- Frequently Asked Questions

The Static Contraction workout routine has been used by athletes and regular folks in over 100 countries for over 14 years. It's a fast, efficient, ultra-high intensity way for men and women to build muscle fast while minimizing wear and tear on their body.

Try four workouts and you'll be convinced - and hooked.

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From reader reviews:

Judith Lucas:

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Robert Harriman:

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Mark York:

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