



Advanced High Intensity Training Variables

David Groscup

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A companion to the popular book DR HIT's Effective High Intensity Variables, this volume focuses on the incredibly effective HIT Variables Burn Reps, Partial Reps, Super X Contractions and Rolling Static Partial. These techniques have been used by many bodybuilders to rapidly increase muscle growth and have been proven in the gym to be a superior way to build physiques using brief, intense workouts. Everything is explained in precise detail so the bodybuilding enthusiast can implement these techniques into their workouts right away.

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David Groscup has over 35 years HIT training experience and is certified by the IART/Med-Ex as a HIT, High Intensity Training Specialist.

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