



Maximum Interval Training

By John Cissik, Jay Dawes

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Maximum Interval Training, John Cissik, Jay Dawes, For gym-goers looking to challenge themselves and turn up the intensity of their workouts, comes a programme that burns fat, increases muscle and sculpts the physique. Maximum Interval Training combines high-intensity exercises and equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus and produce results. It contains step-by-step instructions, expert advice and photo depictions of 147 exercises as well as ready-to-use programmes for power, strength, endurance, quickness, agility, tactical training and total-body conditioning. Even hard core enthusiasts will be tested to their limits with a regimen of sprints, medicine balls, heavy ropes, kettlebells, sandbags, body-weight exercises and suspension training.



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