



Power Factor Specialization: Shoulders & Back (Power Factor Specialization, 2)

Peter Sisco

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"Occasionally revolutionary ideas disrupt the physical sciences. Such is the case with Power Factor Training." --*Flex* magazine "After using the Power Factor Training system, I can't believe I ever used anything else. All the training I used in the past is now obsolete." -- Chris Duffy, Nationals Heavyweight Champion "Power Factor Training has picked up where Arthur Jones, Ellington Darden, and Mike Mentzer left off--and carried high-intensity training to its furthest possible level. I recommend it to all of my students who are interested in building maximum muscle mass--drug free!" -- Dr. David Staplin, University of Minnesota In *Power Factor Training: A Scientific Approach to Building Lean Muscle*, bodybuilding and fitness pioneers Peter Sisco and John Little introduced a revolutionary new bodybuilding system that showed you how to develop your muscles to their fullest potential in the shortest time possible. Based on effective, scientifically proven principles of exercise, startling new research on recovery ability, and the importance of high intensity for stimulating muscle growth, the Power Factor Training system revealed how building a massively muscular body need not take years to accomplish. The response to *Power Factor Training* was overwhelming, so much so that readers demanded fuller Power Factor Training programs to isolate exercises for specific body parts. *Power Factor Specialization: Shoulders & Back* provides exact, meaningful measurements for all shoulder exercises and back exercises and compares the intensity, or Power Factor, of each exercise. Complete with charts, graphs, and photos, this book enables you, at a glance, to see what exercises are truly the best (and which ones are the worst!) for stimulating maximum muscle growth in your shoulders and back. For example, for your back workout, why perform bent-arm dumbbell pullovers when they provide only 34 percent of the intensity of close-grip underhand chin-ups? *Power Factor Specialization: Shoulders & Back* offers a completely authoritative method for determining the muscle-stimulating benefits of every shoulder and back workout you perform--with no more guesswork. It is now possible for you to determine exact exercises, weights, sets, and reps that you personally need to stimulate maximum muscle growth. You'll see immediate results from your first workout. Peter Sisco, editor of *Ironman* magazine's Ultimate Bodybuilding series, is the innovator of the Power Factor measurement of muscular intensity. John Little's articles have been published in every major bodybuilding and fitness magazine. He is the creator of the Static Contraction Training method and the editor of the Bruce Lee Library Series. Sisco and Little are the coauthors of *Static Contraction Training* and *The Golfer's Two-Minute Workout*. Bodybuilders and strength athletes in more than fifty-eight countries have used their techniques.

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Kimberly Wood:

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Power Factor Specialization: Shoulders & Back (Power Factor Specialization, 2) can be very good book to read. May be it is usually best activity to you.

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Vickie Kay:

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Carolyn Alcantara:

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