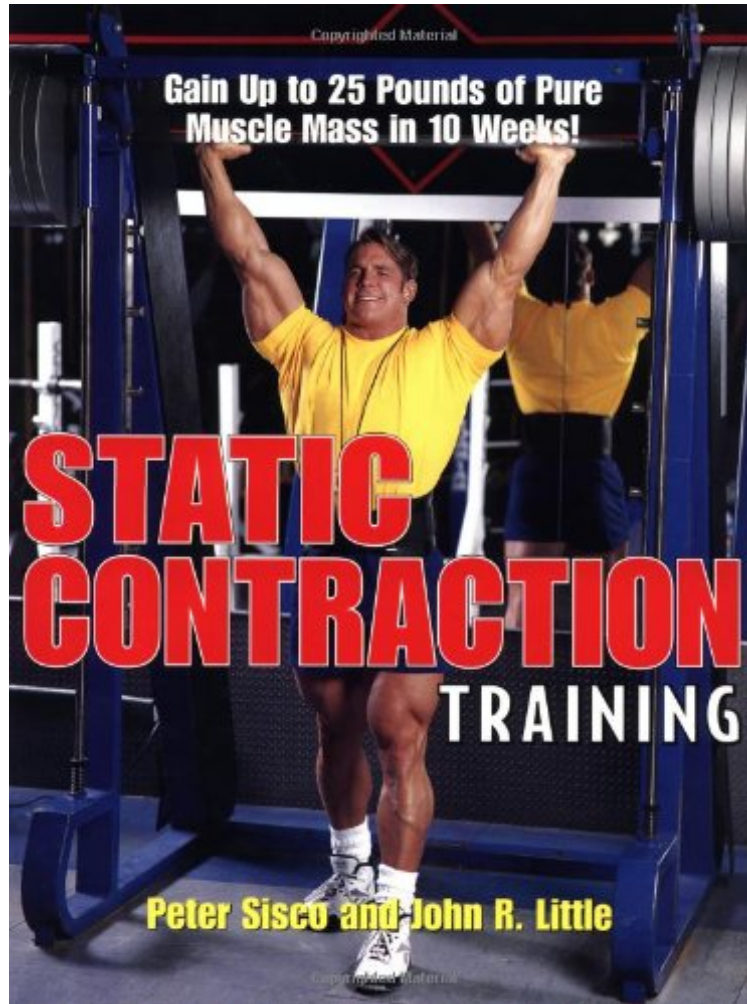


## Static Contraction Training

*Peter Sisco, John Little*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#407132 in Books 1998-12-11 Original language: English PDF # 1 10.90 x .43 x 8.301, #File Name: 0809229072176 pages | File size: 68.Mb

**Peter Sisco, John Little : Static Contraction Training** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Static Contraction Training:

1 of 1 people found the following review helpful. Static Contraction Training is a whole different way to build muscle and to leave more time for living. By James Marconnet Static Contraction Training book tells you a whole different way to build muscle instead of doing the normal X sets of Y repetitions on a fixed training schedule every few days in the gym. You just hold up the highest weight that you can hold statically for 5 seconds. Rest a few days to even several months to let your body recover and to grow the muscle. Then repeat. If you can hold the weight for a specific exercise longer than 5 seconds, then use a larger weight. Almost no range of motion is required. But you need an appropriate machine or a spotter to raise the weight and to lower it safely. This book has a lot of photos of bodybuilders who I think look really good when the photos were taken. But I have no hope or desire of ever looking like that. 0 of 0 people

found the following review helpful. Huge gainsBy K. HatchMy husband loves this! Weight training like you've never thought of doing it! He's made huge gains in a short period of time, I'm impressed and he's happy!6 of 7 people found the following review helpful. makes perfect senseBy Landrover01Interestingly, back in the old days of strength training, this was an incorporated method of exercise. Somehow along the way it became normal to do full reps. In my experience holding a weight dormant while the muscle is contracted fatigues the muscle much faster than the traditional "pump". I have been doing traditional full-rep weight lifting for years, and when I switched to static training I saw an immediate surge in strength. People in the gym will look at you like you don't know what you're doing but in my opinion they are wasting their time. I do agree with some of the reviews of the pictured exercises listed. It simply does not show enough. Try doing traditional chin-ups this way, or even traditional push-ups. How about dips? After several second your arms will begin to tremble. It works wonders. One of the keys is to remember to take plenty of time off between workouts until you feel fully recovered. Good luck.

"This is truly an incredible discovery that could cause physiology books to be rewritten." -- Ironman Magazine "A thorough, productive weight workout in less than three minutes? You better believe it! Larger muscles. Stronger techniques. Fewer injuries. What more do you want?" -- Martial Arts Training Magazine From bodybuilding and fitness pioneers Peter Sisco and John R. Little comes this revolutionary guide to building maximum muscle size and strength--using workouts that last as little as two minutes! Based on the authors' groundbreaking new research, Static Contraction Training reveals how a program consisting of only six 15- to 30-second exercises per workout will build muscle size and strength more efficiently than any other method. Learn firsthand the concepts that are revolutionizing bodybuilding, including: Why training more than once a week--or longer than five minutes--can compromise your progress How to stimulate maximum muscle mass Nutritional fact vs. fiction Gaining muscle without fat Your weak link and how to overcome it in your next workout The "law" that guarantees you huge muscle growth Whether you are a weekend athlete, beginning bodybuilder, or champion, the information in this book will forever change the way you view bodybuilding and strength training exercise. Peter Sisco is editor of Ironman Magazine's Ultimate Bodybuilding series and co-author of Power Factor Training and The Golfer's Two-Minute Workout. John R. Little, the innovator of the Static Contraction Method of strength training, is the editor of the Bruce Lee Library Series and co-author of Power Factor Training and The Golfer's Two-Minute Workout.

About the AuthorPeter Sisco is the co-author of numerous fitness and bodybuilding books, including Power Factor Specialization: Abs Legs (0-80902-2827-0), Power Factor Specialization: Chest Arms (0-8092-2828-9), and Power Factor Training (0-8092-3017-2).John Little is known and respected in martial arts and film circles as the worlds foremost authority on the life and philosophy of Bruce Lee. He is the author of The Warrior Within, which offered the first formal presentation of Lees philosophy. In 1998, Little produced, directed, and wrote the score for Bruce Lee: In His Own Words, which won the prestigious Toronto World-Wide Short Film Festival award for Best Documentary. Littles shooting script for this film resides in the Margaret Herrick Library in Beverly Hills, California, a branch of the Academy of Motion Picture Arts and Sciences.