

ADVANCED HIGH INTENSITY TRAINING VARIABLES

BURN
REPS, PARTIALS, SUPER-X AND
ROLLING STATIC PARTIALS



DAVID GROSCUP

Advanced High Intensity Training Variables

Tao Wei



Advanced High Intensity Training Variables:

Advanced High Intensity Training Variables David Groscup, 2014-04-20 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 Delivers incredible muscle gains I highly recommend this book Another great book on HIT training Increased my results in no time Buy the Author s other best selling books *DR HIT s Effective High Intensity Variables* *DR HIT s Ultimate Bodybuilding Guide Chest* *DR HIT s Ultimate Bodybuilding Guide Arms* *Successful Bodybuilding With Machines* *Ask The Trainer Expert Answers to Your Training Questions* *The Training Bible* <http://drhitshighintensitybodybuilding.blogspot.com> David Groscup has over 35 years HIT training experience and is certified by the IART Med Ex as a HIT High Intensity Training Specialist

HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS David Groscup, 2016-01-01 In *HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS* author David Groscup *DR HIT* provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more [Extreme Intensity: Science-Based Programs To Maximize Muscle Growth](#) David Groscup, 2023-01-26 This book features scientific methods to maximize your muscle growth using Extreme Intensity This form of training utilizes just one set of maximal intensity exercise per muscle to stimulate the most growth in the least possible amount of time Several different Intensity Variables are combined to train the muscle the most efficiently way possibly Take your training results to the next level Learn Intensity Cycling numerous Intensity Variables and how to properly combine them the Revised Intensity Principle Shocking methods to accelerate muscle growth and much more **The Revised Intensity Principle** David Groscup, 2015-09-27 Learn the effective HIT High Intensity Technique Revised Intensity and why it is one of the most effective principles to prevent sticking points and make explosive muscle gains Pre exhaust supersets are explained in detail as well as Static Holds Forced Reps and Negatives and the proper ways to use them to increase the intensity of your workouts Table of Contents Introduction 1 How intensity

variables impact total set count 2 Effective use of supersets 2 Pre exhaust routine 3 Static holds 4 Static hold pyramid 5 The revised intensity variable 6 Bonus section 7 High volume shocking method 7 8 HIT shocking method 9 Questions and answers 10 11 12 Conclusion 13 **David Groscup's Complete Eight Book Volume On Advanced Bodybuilding Training** David Groscup,2015-05-21 Finally a comprehensive Volume of Books on both High Intensity HIT and Volume Bodybuilding Training There are many unique training programs contained in these books that give the reader new techniques to increase his her muscle building potential Topics covered are Pre exhaust routines Double pre exhaust Reverse pre exhaust Forced reps Pure negatives Negative accentuated Superslow Extended Reps Static Holds Isometrics Zone partials Burn reps Rolling static partials Unilateral training why it works better than traditional training Why training smarter not longer builds muscle faster How to implement Progressive Overload to Supercharge Muscle Gains Learn how to determine the ideal training frequency for your body type Which supplements to take to safely build lots of muscle Much more All programs are fully explained with complete workout routines for each different technique Stop Wasting Time and Effort Build Maximum Muscle The Author David Groscup has made this eight best selling book series on the subject of muscle building and bodybuilding available together for the first time Learn from his vast knowledge and experience in both HIT and Volume bodybuilding training

DR HIT's Ultimate Bodybuilding Guide: Arms David Groscup,2012-12-05 This guide uses techniques like forced reps negative accentuated super contractions specialized holds partial reps confusion training and much more to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical scientifically based method to build award winning arms quickly The author introduces the reader to such concepts like The proper way to use HIT variables Cycling your training intensity to experience continued growth How to shock your arms to new growth after hitting a sticking point Using confusion training to prevent sticking points The difference between strength and size gains and the proper way to train for both Why HIT is the best way to build your arms fast Much much more *New Developments in the Intention-Behavior Gap for Physical Activity - Recent Trends, Controversies, and a Critical Outlook* Chris Englert,Ryan E. Rhodes,Ines Pfeffer,Amanda Lea Rebar,2023-03-07 **DR HIT'S Ultimate Bodybuilding Guide:Chest** David Groscup,2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly [Advanced Fitness Assessment and Exercise Prescription](#) Ann L. Gibson,Dale R. Wagner,Vivian H. Heyward,2024-02-01 Advanced Fitness Assessment and Exercise Prescription Ninth Edition With HKPropel Online Video is the definitive resource for conducting physical fitness testing and customizing exercise programs Now in its ninth edition this comprehensive guide is fully updated with the latest research the newest exercise testing and prescription guidelines and the most up to date programming content The text reflects the most

recent exercise testing and prescription guidelines from the American College of Sports Medicine ACSM along with physical activity recommendations from the U S government and American Heart Association It highlights ACSM guidelines for physical activity and exercise testing requirements to consider before beginning exercise programs Combining important research with practical application of testing and prescription protocols the ninth edition also features the following A new full color interior to provide more detail and understanding of concepts through photos and figures New step by step assessment sidebars that make it easy to locate and refer to assessment procedures Modern guidelines for usage of current technology to test and monitor physical activity Demonstrations of many of the assessments and exercises provided in 73 video clips Structured around the five physical fitness components cardiorespiratory capacity muscular fitness body composition flexibility and balance the text begins with an overview of physical activity health and chronic disease including discussion of preliminary health screenings and risk classification Readers will gain insight into field and laboratory assessments and testing protocols for each component along with detailed information on properly administering the most common assessments The 73 related video clips delivered online through HKPropel provide detailed instruction and demonstration for performing many of the assessments and exercises these include functional movement assessment pull up and push up testing flywheel training and more Finally readers will turn research into practice by understanding how to design personalized exercise prescription customized for each client based on individual assessment outcomes Information on appropriate training methods and programming considerations are presented for each component of fitness With an unparalleled depth of coverage and clearly outlined approach Advanced Fitness Assessment and Exercise Prescription bridges the gap between research and practice for students and exercise professionals alike who are eager to increase their knowledge and skill in assessing elements of fitness and designing individualized exercise programs Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam Note A code for accessing online videos is not included with this ebook but may be purchased separately Advanced Strength and Conditioning Anthony Turner,Paul Comfort,2017-10-25

Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice Aimed at advanced students and beginning practitioners this book explores the latest scientific evidence and applies it to exercise selection and programming choices across the full range of functional areas in strength and conditioning from strength and power to speed and agility With coverage of data analysis and performance feedback both vital skills for the contemporary strength and conditioning coach this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice Written by experts with experience in a wide variety of sports its chapters are enhanced by extensive illustrations and address key topics such as fitness testing and data analysis developing strength and power motor skill acquisition and development strategies for

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