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ASK THE TRAINER-EXPERT ANSWERS TO YOUR FITNESS TRAINING QUESTIONS

From Best-Selling Fitness Author

DAVID GROSCUP

Ask The Trainer Expert Answers To Your Training Questions

Anthony S. Fauci



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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 400+ Communication Skills Trainer Interview Questions & Answers | Ultimate Interview Prep Guide CloudRoar Consulting Services,101-01-01 Master your next design interview with this comprehensive guide crafted exclusively for aspiring Interface and Interaction Designers Featuring more than 400 real world questions and detailed answers it spans design thinking interaction flows usability heuristics prototyping accessibility and communication with developers Every answer is written to help you express creative reasoning and structured problem solving clearly The book also includes bonus sections on portfolio storytelling conducting design critiques and handling whiteboard challenges Ideal for students freelancers and professionals preparing for UX or interaction design roles this volume helps you transform 100 hours of focused preparation into job winning confidence

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