



Advanced Max Contraction Training

By John Little

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"[John Little's] methods . . . will result in real, meaningful, and sustainable physical results and will help build a confidence in your own abilities that will permeate into all areas of your life."

--Anthony Robbins, Peak Performance Coach and author of *Awaken the Giant Within*

"This training approach has begun to stimulate our thinking in entirely new directions."

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"Don't be surprised if you see substantial results in only three workouts! That's how good this system is."

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Editorial Review

About the Author

John Little is the author of more than 30 books on bodybuilding, martial arts, history, and philosophy and the creator of Max Contraction TM Training (maxcontraction.com). Little is the owner, along with his wife, Terri, of Nautilus North Strength & Fitness Centre, which has been described as one of the leading fitness research centres in North America. Little's research and articles on health and fitness have been published in such magazines as *Muscle & Fitness*, *Flex*, *Men's Fitness*, *Ironman*, *Inside Kung Fu*, and *Blackbelt*. He is also an award-winning filmmaker.

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