



Advanced Max Contraction Training

John R. Little

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"Human progress hinges on the commitment of a select few to not accept current knowledge as a final truth, to continue to strive to constantly improve their methods, their knowledge base, their skill set. John Little questioned conventional strength training methods and has created a system that takes traditional results to the next level. As a well-established innovator in fitness and strength training, his methods have been employed by hundreds of thousands of individuals around the world. His methods have been touted as the impetus for 'physiology books to be rewritten,' and can save hours of unnecessary time in the gym, and will open your eyes to the most up-to-date research and information available--a tremendously potent technology that, when properly applied, 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* (From the Foreword to Max Contraction Training)

"Groundbreaking. 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

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

--*Muscle & Fitness*

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

--*Muscular Development*

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