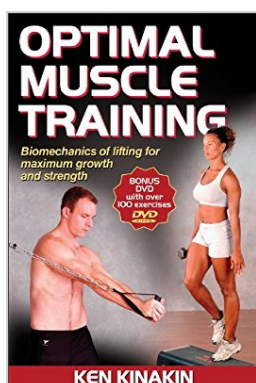


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Optimal Muscle Training - Paper

By Ken Kinakin

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Optimal Muscle Training - Paper By Ken Kinakin

Have you stopped experiencing increases in strength and mass? Do you equate the bench press with shoulder pain? If so, your body may not be functioning at 100 percent. *Optimal Muscle Training* is a unique book and DVD package that will show you how to achieve the highest level of function.

The book provides information on how your body develops imbalances, how testing can pinpoint problems, and how specific training to correct imbalances will optimize muscle function. The DVD enhances the information presented in the book with over 100 practical exercises and three levels of muscle testing that you can use in developing an individualized training program.

This fully integrated package allows you to learn the subtleties of muscle testing and exercises. *Optimal Muscle Training*—with its testing procedures, technical instructions, anatomical considerations, exercise demonstrations, and training guidelines—is one powerful training tool.

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"Optimal Muscle Training takes the guesswork out of lifting and provides the secrets to ultimate body conditioning."

Peter Twist
President of Twist Conditioning, Inc.
Author of Strength Ball Training

"It's the best fix-it-yourself guide for gym rats we've ever seen."

Men's Fitness

"Optimal Muscle Training is the best resource available for detailed and accurate exercise descriptions. With this book and DVD package, you can realize gains that you never thought were possible."

Eric Serrano, MD
Consultant, Sports Performance and Nutrition

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