



Advanced Max Contraction Training

John Little

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Advanced Max Contraction Training

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--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."
--*Muscle & Fitness*

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--*Muscular Development*

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With Omega Set training you can gain as much as 18 pounds of lean, hard muscle in as little as 4 weeks--without fad diets, supplements, or anabolic drugs. Taking bodybuilding pioneer John Little's Max Contraction Training to a whole new level of intensity, this science-based system is specifically engineered for advanced bodybuilders who demand results measured in pounds and inches of pure muscle.

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