



Maximum Interval Training

John Cissik, Jay Dawes

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Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always wanted? If so, then *Maximum Interval Training* is for you!

Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results.

You'll find step-by-step instructions, expert advice, and photo depictions of 147 exercises as well as ready-to-use programs for power, strength, endurance, quickness, agility, tactical training, and total-body conditioning. But rest assured that it won't be more of the same. You'll test your limits with a regimen of sprints, medicine balls, heavy ropes, kettlebells, sandbags, body-weight exercises, and suspension training.

Train with maximum intensity for maximum results!

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