



Power Factor Training : A Scientific Approach to Building Lean Muscle Mass

Peter Sisco, John Little

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Bodybuilding experts Peter Sisco and John Little present a revolutionary new system for building maximum muscle in a minimum amount of time. *Power Factor Training* emphasizes very heavy overloading of the musculature and long rest periods between workouts, resulting in amazing gains in size and strength. This astounding guide details the proven physiological principles of the program, answers specific training questions, and outlines a concise workout schedule that is sure to benefit beginning, intermediate, and advanced bodybuilders.

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