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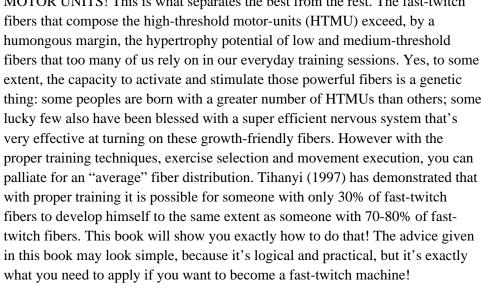
## **High-Threshold Muscle Building**

By Christian Thibaudeau



High-Threshold Muscle Building By Christian Thibaudeau

Top Olympic lifters have it, elite gymnasts excel because of it, sprinters break the speed of light driven by it, high level bodybuilders get huge because of it... THE CAPACITY TO MAXIMALLY STIMULATE THE HIGH-THRESHOLD MOTOR UNITS! This is what separates the best from the rest. The fast-twitch fibers that compose the high-threshold motor-units (HTMU) exceed, by a humongous margin, the hypertrophy potential of low and medium-threshold fibers that too many of us rely on in our everyday training sessions. Yes, to some extent, the capacity to activate and stimulate those powerful fibers is a genetic thing: some peoples are born with a greater number of HTMUs than others; some lucky few also have been blessed with a super efficient nervous system that's very effective at turning on these growth-friendly fibers. However with the proper training techniques, exercise selection and movement execution, you can palliate for an "average" fiber distribution. Tihanyi (1997) has demonstrated that with proper training it is possible for someone with only 30% of fast-twitch fibers to develop himself to the same extent as someone with 70-80% of fasttwitch fibers. This book will show you exactly how to do that! The advice given





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#### High-Threshold Muscle Building By Christian Thibaudeau Bibliography

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#### **Editorial Review**

About the Author

Thibaudeau (pronounced Tee-Bow-Doh) is yet another French Canadian phenom in the strength and conditioning community. He's successfully trained a wide array of athletes from Olympic lifters and strongmen to hockey players and figure skaters. He's also a competitive Olympic weightlifter, a football coach, and is completing his M.Sc. degree in exercise science. Judging from his articles so far at T-Nation, he also knows a heck of a lot about packing on mass.

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Here thing why that High-Threshold Muscle Building are different and trusted to be yours. First of all examining a book is good nevertheless it depends in the content than it which is the content is as yummy as food or not. High-Threshold Muscle Building giving you information deeper including different ways, you can find any reserve out there but there is no reserve that similar with High-Threshold Muscle Building. It gives you thrill studying journey, its open up your own eyes about the thing which happened in the world which is possibly can be happened around you. You can bring everywhere like in park, café, or even in your technique home by train. Should you be having difficulties in bringing the paper book maybe the form of High-Threshold Muscle Building in e-book can be your alternate.

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