



The New High-Intensity Training

By Ellington Darden

Rodale Press. Paperback. Book Condition: new. BRAND NEW, The New High-Intensity Training, Ellington Darden, For many dedicated bodybuilders, the weight-lifting theories of Arthur Jones are gospel. It was Jones, the inventor of Nautilus exercise equipment, who first discovered that short, intense workouts could produce better results than the long, high-volume workouts then in vogue. Even though research into Jones's methods has proved them correct, there still are no major HIT books in stores. This new book-by champion bodybuilder, exercise researcher, and best selling author Ellington Darden, Ph.D., who is a Jones disciple and friend-shows lifters how to apply the master's teachings, along with some new HIT concepts to achieve extraordinary results. At the heart of the book is a complete, illustrated, six-month course for explosive growth. Exercise by exercise, workout by workout, the reader is shown precisely what to do, and perhaps even more important, what not to do. Dr. Darden also shows why HIT, when pursued steroid-free, is the best way to safely build muscle. Finally, the exercise religion Arthur Jones founded, and Dr. Darden fine-tuned, has its bible.



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