



# High-Intensity Training

*John Philbin*

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HIT a new level of intensity and get maximum results in the weight room! *High-Intensity Training* is the modern era's version of one-set-to-failure strength training, producing even greater muscle mass and power in less time.

This complete training system teaches how to perform the perfect rep, minimizing momentum and maximizing muscle tension to develop optimal strength in the targeted muscles. Triple progressive overload and other advanced training techniques will push you beyond muscle failure to help you reach your next level of performance, boost power and strength, and break through plateaus.

Also learn to manipulate rest, recovery, time under tension, and load to match the demands of your sport. You'll see why many National Football League teams and college athletic programs prefer this training method. With *High-Intensity Training* you can push your body to its limits and produce fast, safe results!

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