



The Strength Coach - Recovery and the Hangover Syndrome (Paperback)

By MR Paul Kerridge

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This short book covers the key issues involved in the muscular recovery from strength training programmes, and the entirely new concept of the hangover. Most trainees and coaches are unaware of the factors that must be taken into account for the recovery into super compensation following intense muscular exercise and while this concept is covered within my other books I feel it deserves its own separate publication. While training elite powerlifters as well as new trainees over the last few years I have become increasingly aware of a hidden fatigue element imposed by the use of additional unnecessary assistance exercises and the inclusion of compound exercises in most programmes that can lead to a residual fatigue in important muscles that are used in the three powerlifting exercises. I have called this the compound exercise hangover syndrome, and it is very common. In fact this hidden element of fatigue is present in just about every weight training programme I review. If you are serious about making progress with any weight training plan, whether you train for general fitness, bodybuilding, strongman...



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