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Dr. Mercola Discusses Super Slow Workout

http://fitness.mercola.com/sites/fitness/archive/2012/05/11/benefits-of-super-slow-workouts.aspx?x_cid=youtube Watch for Dr.

The Perfect Workout's Slow-Motion Strength Training Featured in The Washington Post <http://goo.gl/9PSXIN> We'd like to thank the Washington Post for choosing us to be featured in an amazing article about **Slow ...**

The Perfect Workout's Slow-Motion Strength Training Featured in Bethesda Magazine Thanks to Bethesda Magazine for featuring us in their May/June 2016 issue, which helps spread the message about **Slow-Motion ...**

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Burn Fat Build Muscle in 12 Minutes Workout- Super Slow Resistance Training Super **Slow Resistance Training** Benefits This is a workout where you do the movements at a super **slow** rate of 10-12 seconds ...

Slow Reps vs Fast Reps for Muscle Growth One often overlooked variable when it comes to **training** is **lifting** tempo - or how **slow/fast** you

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perform each repetition. In this ...

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How to Perform Reps for Most Muscle Growth Should you be **lifting** heavy **weights** as fast as possible or light **weights** with a **slow** controlled tension if you want maximum muscle ...

Weightlifting in SLOW MOTION

Super Slow Training (Lift Smarter, Get Stronger) Integrating Super **Slow Training** into your **workouts** is an incredible way to break through plateaus, get stronger, avoid injury, and ...

Lu Xiaojun Snatch Breakdown If you're looking to get better you might as well start with the best. Thanks to hookgrip's awesome **slow mo** video we use try to point ...

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Lu Xiaojun (77) - 170kg/175kg/177kg Snatch Slow Motion <http://www.hookgrip.com> Store Instagram: <http://instagram.com/hookgripstore/> Main Instagram: <http://instagram.com/hookgrip/> ...

"Super Slowdown" Weight Training: It Is AMAZING! Get Chapter 1 of David's new inspirational book free at <http://www.davidessel.com> I have never experienced the physical results ...

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