

# **High-Intensity Strength Training: The Most Effective And Efficient Means For Developing Muscle And Strength By Wayne L. Westcott**



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If you re getting bored with your normal strength training routine, or if you re not getting the results you re looking for, think about trying HIT: High

## **Wayne westcott : books,author**

Wayne L. Westcott is the author of following books: The Most Effective and Efficient Means for Developing Muscle and Strength - Strength Training for Seniors:

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### **Tracy d'arpino (author of high- intensity strength**

Tracy D'Arpino is the author of High-Intensity Strength Training (3.00 avg rating, 1 rating, 1 review, published 2003) and High-Intensity Strength Tracy D'Arpino

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About the author: Wayne Westcott. Wayne L. Westcott, Ph.D., is fitness research director at the South Shore YMCA in Quincy, MA. He is strength training consultant for

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High-Intensity Strength Training: The Most Effective and Efficient Means for Developing Muscle and effective strength training. Author Wayne Westcott bases the

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Westcott, Wayne Westlake, Lisa Cardio Circuit Training for You should call it something like "High Volume Training" as opposed to "High Intensity Training".

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