



# Functional Isometric Contraction

*Bob Hoffman*

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**Functional Isometric Contraction** Bob Hoffman

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Bob Hoffman was probably the man most responsible for bringing weightlifting to the masses with his York Barbell Company.

In this book, Functional Isometric Contraction, you'll learn all about using isometrics, York style, to become super strong. This is probably the most in-depth book on isometric training you'll ever read. There are exercises with and without a power rack, for weight lifters, women and athletes of all types. There are several complete programs to work from.

If you want to become super strong you need to be doing isometrics. If you want to do isometrics you need this book.

Chapters include:

- A New Method of Building Super Strength
- The Development of the Theory and the Proper Application Of Functional Isometric Contraction
- Proving the Value of Functional Isometric Contraction
- A Superior Method of Strength and Muscle Building
- One Minute a Day, The Functional Isometric Contraction Way
- What Is Functional Isometric Contraction?
- A Unique and Result-Producing System of Training Without A Super Power Rack
- Simple Training Devices You Can Use
- The Training Course Louis Riecke Practiced
- The Measurement of Progress
- Strength Is Most Important
- Much Research and Experimentation Required To Develop Functional Isometric Contraction
- Important Facts About Functional Isometric Contraction Training
- Don't Overwork
- The Russians and Functional Isometric Contraction
- Functional Isometric Contraction Success
- More Facts About Functional Isometric Contraction
- Functional Isometric Contraction Is Good For The Ladies Too
- Strong, Attractive, Healthy Women
- Functional Isometric Contraction, Advance Course
- Muscle Contraction With Movement
- The Accessories of the Super Power Rack
- Making the Most From Your Training with the Hoffman Isometric-Isotonic Super Power Rack
- Rules For Your Success
- Additional Exercise Which Can Be Practiced On Hoffman Isometric-Isotonic Super Power Rack
- Exercises Which Can Be Practiced With The Bench
- Additional Exercises
- Variety Is the Spice of Life

- Exercises for the Injured or the Handicapped
- Many People Have Been Almost Doing It
- Improving Your Performance In Your Favorite Sport
- Functional Isometric Contraction Training for Teams
- Better Athletic Training the Functional Isometric Contraction Way
- Training of Individual Athletes The Functional Isometric Contraction Way
- Improving Track and Field Performance The Functional Isometric Contraction Way
- Muscle Contraction with Measured Movement
- A Successful Coach

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