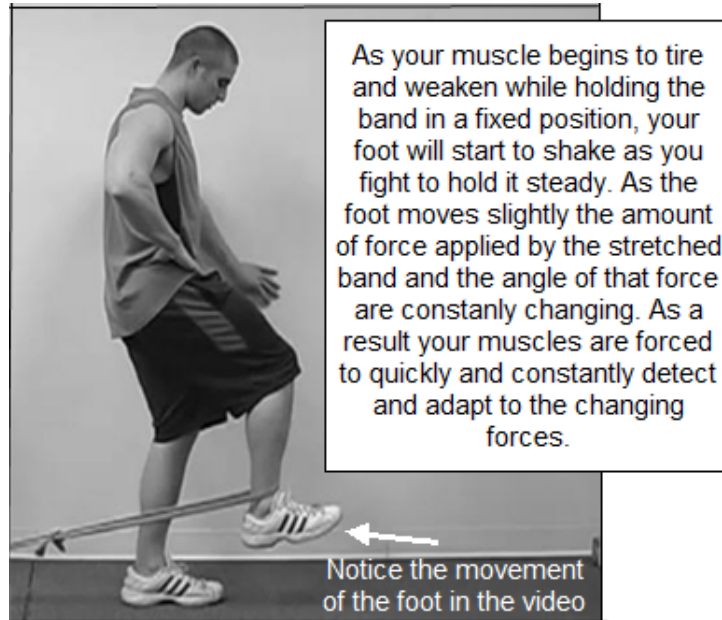


Resistance Bands/Isometrics

Why The Resistance Band With Isometric Training Included Into Your Workouts Helps You Be a Faster Athlete and Take Your Game To The Next Level.



What you have to deal with is a **multidimensional force** acting on your muscles. Any tiny change in muscle movement, whether it's slightly up or down, slightly to the left or right or any combination of these instantaneously alters the amount of resistance given back by the band and it alters its direction of force as well. The proprioceptors in your muscles and tendons constantly perceive these changes in force and direction causing the muscles to respond entirely different than with any other training routine you have been using.

This is why the resistance band with an isometric contraction gives your muscles a new level of development beyond what has already been developed using weights or any other training technique.

A primary result of this development is additional speed and quickness in your muscles.

Three additional reasons athletes are improving their athleticism by using the resistance band with an isometric contraction:

First, because each recruitment pattern of the muscle fibers holding the resistance band is now new for your muscles, the forces supplied by the band will instantly expose your muscle's weaknesses and lack of coordination that went undetected with other routines. This causes your muscles and nerves to create new neuro-pathways, or muscle memory, within the muscle causing it to immediately get stronger and with more quickness and coordination than ever before.

Second, when you train the way we show you in our training manuals, the mass and weight of the muscle does not significantly increase. Whenever you increase a muscle's strength, quickness and coordination without adding any additional body weight, your speed and athletic performance will automatically increase.

Third, apply this strategy in directions and body positions you may have never done before. When you condition your muscles using these unconventional positionings, which are safe and easy to do with bands, you will immediately expose additional weaknesses in your muscles and then eliminate those weaknesses, leading to an even more improved athletic performance.

This is why athletes using this type of muscle training are quickly and dramatically improving in speed and precision in all their sports skills.

Go to www.SpeedTrainingSecrets.com/vrb04 to review the video or leave your questions or comments.

Go to www.AthleticQuickness.com/results to see the results others are getting.