

# Muscle Logic Escalating Density Training Changes The Rules For Maximum Impact Weight Training.pdf

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Muscle logic : escalating density training changes the rules for maximum-impact weight training. [Charles Staley] -- "Your muscles will get bigger if you force them to work harder - not longer. That's the simple concept behind Charles Staley's Escalating Density Training (EDT).

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That might not sound like much, but consider that for a person with a 2,000-calorie-per-day metabolic rate, this equates to an extra 80 to 140 calories burned after every weight-training session. If this same person weight-trains 4 days per week, he can expect an additional 320 to 560 calories burned per week.

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The book, Muscle Logic: Escalating Density Training Changes the Rules for Maximum-Impact Weight Training [Bulk, Wholesale, Quantity] ISBN# 9781594860836 in Paperback by Staley, Charles may be ordered in bulk quantities. Minimum starts at 25 copies. Availability based on publisher status and quantity being ordered.

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