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Specialization Training: Blowing Up Individual Body Parts

Nick Nilsson

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Imagine your body has 100 units of recovery at its disposal. When you do a workout, for example chest, back and biceps, your body allocates a certain number of units of recovery to each body part. Which body parts do you think will get the most units of recovery in this example? The chest and back, of course, because they are larger. Where does that leave the smaller biceps? Lagging.

Specialization Training addresses this discrepancy. By focusing on one specific body part and reducing the recovery needs of all your other body parts, you can make tremendous progress in that specific body part in very short periods of time. Imagine all the recovery that normally goes towards your whole body going to just your biceps! The potential is truly staggering.

There are a number of other ways to specialize on your body as well. All of these types of Specialization and more are covered in this book. Many people have made incredible progress in unbelievably short periods of time with these programs. You can too!

ABOUT THE AUTHOR

Nick Nilsson, "The Mad Scientist" of the fitness world, is a renowned personal trainer, body builder, and professional fitness writer who has written for Men's Fitness, Reps Magazine, Muscle & Fitness and hundreds of fitness websites all over the internet. He is recognized throughout the fitness world as an innovator and pioneer of ground-breaking methods for building muscle and strength fast. His degree in physical education covers advanced biomechanics, physiology and kinesiology.

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