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Dynamic Strength by Harry Wong pdf eBook Static stretching can be applying maximal speed until there have you need to heighten all. It provides an athlete and the past month I tore my arms steady.

Dynamic Strength by Harry Wong pdf eBook

First published under the title "Dynamic Tension", this is a program of "dynamic" (or moving) self-resistance exercises, designed to develop strength evenly and naturally, free of weights or other equipment (except two chairs and a short stick). This is a pretty complete program, focusing on all major body parts.

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In dynamic tension, all exercises are performed with a full range of movement. The resistance which develops the muscles is dynamic, thus enhancing the muscle's range of flexibility, speed and power in motion ... Dynamic strength imparts a body awareness which is vital for the martial arts.

Question about Harry Wong's Dynamic Strength

Dynamic leg strength was measured by the amount of load that could be raised once using maximum muscular exertion. A correlation of .67 was found between static strength and dynamic strength. A similar correlation of .68 was found by Berger (2) when 15 subjects were tested in the same manner and dynamic strength was related to static strength.

THE RELATIONSHIP OP STATIC AMD DYNAMIC STRENGTH TO POWER A

I purchased Harry Wong's book back when it was called "Dynamic Tension". I guess the Atlas folks didn't

take to kindly to that, and he later renamed the book "Dynamic Strength".

Harry Wong and Body Awareness - Transformetrics Forums

Videos for Harry Wong Dynamic Strength program. I highly recommend the book of the same name.

Harry Wong Dynamic Strength II Exercises

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Videos for Harry Wong Dynamic Strength program. I highly recommend the book of the same name.

Harry Wong Dynamic Strength I Warm Up

Dynamic Strength [Harry Wong] on Amazon.com. *FREE* shipping on qualifying offers. Book by Wong, Harry. Dynamic strength is a unique exercise program, as it offers all the benefits of weight training without using weights.

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