

Think negative

(On March 16 the concept of training will change forever)



Today, there is almost universal agreement that negative (eccentric) training improves strength and muscle building. The problem is rather that there haven't been machines good enough to make this type of training simple and attractive. Instead, people

have been advised to seek professional help in order to train more effectively. Until now.

See it with your own eyes at IHRSA Moscone Centre South Hall, Booth Number 2534 in San Francisco on

March 16. Want to know more? Register at www.x-force.se and you will get an on-line sneak preview before everyone else.



Negative training made easy