



Density Training

Stimulate intense muscle growth with density training. We'll show you how. You've probably heard that professional bodybuilders sometimes shock their muscles into new growth.

No, they're not attaching electrodes to their bodies and running mega voltage into their quads, pecs and biceps. If only it were that easy. Instead, they're using a relatively new concept called density training that promotes electrifying strength and muscle-mass gains. But it's not reserved exclusively for guys who inhale tuna from the can and cross the color line with insane amounts of instant tan. You, too, can use density training to become bigger, thicker and stronger, even if you don't have a single extra minute to spare at the gym.

Not familiar with the concept? It's pretty simple, even for the scientifically challenged. It all boils down to doing more work in the same amount of time each workout, or the same amount of work in less time. In other words, you're basically cramming more volume into fewer ticks of the clock.

Density training is particularly effective for increasing the number of reps you can perform on body-weight exercises like pullups, dips and pushups, but you can utilize it to increase the volume of any exercise. You may want to implement DT when you're experiencing a growth plateau or when you are coming off of a planned volume decrease (i.e., tapering). But density training isn't for wimps; maximizing its full potential requires honest effort. If you want size and strength increases, you've got to eat a little pain. But you wouldn't want it any other way, would you?

—ROBERT SMITH

