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Remembering Joe Weider: The Science Of The Weider Principles

What it is: The Weider Muscle Confusion Principle involves constantly changing the acute variables in your workout such as number of sets, number of reps, exercise choice, exercise order, and the length of rest periods. This alternation is designed to prevent you from getting in a rut and slowing or stalling your progress. Joe Weider and Larry ...

Joe Weider

JOE WEIDER 1920-2013. Today it is universally accepted that to be healthy one must exercise and eat a nutritionally balanced diet. But it wasn't always that way. The world owes this understanding, in large part, to the lifelong efforts of Joe Weider, the Trainer of Champions.

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