

PHILOSOPHY, SCIENCE AND PRACTICE OF
MAXALDING 4 - MUSCLE CONTROL
EXERCISES FOR THE SHOULDERS

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1. MC of the muscles of the shoulder

1.1. Preliminary ISR and DSR exercises

The exercises 10.1.1-10.1.4 of **Part 3** are also very good for shoulder development if you concentrate your attention on them. I show here some additional DSR exercises. All of them can be performed statically also in several positions or with SMCR. Of course, you don't need to perform all exercises, you can select a few and change them over time in addition to pure MC.

1.1.1. DSR on elbow

Grasp your elbow with the opposite hand and try to push it backwards while you resist with the hand force. You can do this exercise along the complete range of motion of the shoulder. Do it slowly or keep the tension in several places for 5 breathings. Concentrate on the tension feeling. A very few number of performances is necessary (1-5).

1.1.2. DSR shoulder shrugging

Try to shrug one shoulder with the arm straight while you resist the movement with the opposite hand.

1.1.3. DSR one handed swing

Keep one arm straight in his bottom position and try to elevate it in front of you as far as it points to the roof. Resist the motion with the opposite hand pressing over the front of the resisted wrist with the fist firmly clenched. Be careful with the amount of tension you put in your shoulders, because in this position, the straight arm acts like a lever and can produce an excessive force on the shoulder tendons and ligaments. Apart from this, it is an extraordinary exercise for all the upper body.

1.1.4. DSR single handed jerk

This a very beautiful and effective exercise that works a lot of muscles simultaneously. The idea is to simulate the *most beautiful lift of all*, in Maxick's words, with DSR only.

Bend one arm with the forearm touching the biceps and the elbow pointing to the floor. Put the open palm facing to the roof and the fingers pointing to the shoulder. Now press downwards firmly with the opposite palm and try to raise the bended arm as far as it is almost straight. Be careful with your wrists, don't force them.

If you perform this exercise properly, you can feel its extraordinary effects over the wrists, forearms, *deltoids*, *latissimus dorsi*, *erector spinae* and *intercostals*.

1.2. Preliminary AMR exercises

You can do exactly the same DSR exercises

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as before, but you must change the manual resistance for antagonistic resistance.

You can simulate also the lateral raise (crucifix), with AMR. Concentrate the tension on the deltoids and elevate the extended arms very slowly.

1.3. Preliminary BL exercises

All BL exercises should be performed with SMCR very progressively. The SMCR technique also provides a good cardio workout with very few repetitions. The key exercise for upper body development in Maxalding are push-ups (or press-ups). If you elevate your feet and adopt the form of an inverted "V" you work more intensely the shoulders. Maxick used to do handstand press-ups in his daily training.

The performance of Maxalding press-ups try to optimize your effort concentrating the leverage on each side in an alternating form. Adopt the common push-up position and tilt your body over one side as far as most of your bodyweight is supported by the arm of this side. Raise yourself applying SMCR all the time as far as you can comfortably do. Generally 1-5 repetitions are sufficient. Repeat with the other arm in the same fashion.

This exercise is very important to understand the scientific and very progressive strength development inside the Maxalding system.

A weak or untrained person must begin this exercise pressing against the wall with the body erect. The application of SMCR over successive weeks will develop the necessary strength to perform the exercise directly over the

floor but with the weight distributed over the knees. Finally, you will be able to do perfect press-ups with increasing tilting degrees.

In the original courses this was one of the most advanced exercises. Court Saldo added subsequently more demanding exercises like handstands and one handed push-ups. Such demanding exercises should be done seldom, more like strength tests than like the basis of our training, because they put a considerable stress on the joints. The same can be said about another one limb leverage exercises.

The tilting method is used also for squats in Maxalding, providing an easy way to increase the strength without risk. Tilting and SMCR are the main reinforcement techniques for bodyweight exercises.

I have been always intrigued by the real possibility of developing such a perfect body as many Maxalding pupils showed with only such an apparently easy exercises. The mentioned exercises are excellent for overall body development, but, in general, they are clearly insufficient for attaining the muscular definition and density of pure Maxalding pupils, like Billy Ralph. The secret must be, of course, in the regular use of MC.

The combination of MC with DSR and BL is extremely efficient because you can gauge very precisely the maximal amount of force you can generate without practically any risk of straining yourself.

Obviously the non apparatus Maxalding methods do not permit an exact physical measure of the

progression and this constitutes one of the main critics to natural methods of training without weights. This shortcoming is compensated for the very improbable chance of injuring yourself trying to put an effort that exceed your abilities.

Besides, the above statement against Maxalding is not entirely correct. You can verify your progress in many satisfactory ways. The tilting method is a fairly good way to increase force. You can use one limb leverage in order to challenge yourself. You also can increase the SMCR times very precisely. An advanced student of Maxalding even should be able to feel almost exactly the amount of tension that he is generating. When you read the last section, your ideas about the possibilities of progression in Maxalding probably will change.

If you are not obsessed with breaking numbers, these measures of your improvement are sufficiently motivating.

1.4. Preliminary LD exercises

Evidently you can do the lifts mentioned in Section 1.1 with light dumbbells. The use of Aston's technique stresses particularly the shoulder area.

One of the best exercises with LD for shoulder development is the lateral raise as far as you reach a crucifix position. One of the reasons of the extraordinary Maxick's shoulder and back development was his performance of crucifixes in chains without rings.

1.5. Isolation of the muscles of the shoulder

1.5.1. Deltoid

Applying AMC (analytic muscle control) in different positions, we can isolate some portions of the deltoids. Actually, the main difficulty for these controls is the isolation from the pectorals, because there is an instinctive tendency to contract the pectorals simultaneously with the deltoids in many cases.

Exercise 1.

Put your arms straight at each side of your body with the palms touching slightly your hips. In first stages you can help the contraction pressing the palms against the hips, but you should try to generate the tension by means of will power only. You will observe that the *triceps* and the *pectorals* are involved to some extent. The next exercises help to isolate more effectively the deltoids. Keep the tension 5-10 breathings and relax.

Exercise 2.

Very similar to the precedent exercise, but in this case you must elevate your palms as far as the level of the floating ribs. Don't press with hands in this case. If you have some difficulty for contracting the deltoids in this position, go to Exercise 1 and raise your palms very slowly keeping the generated tension.

Exercise 3.

Adopt the same position of Exercise 2, but now turn your arms backwards with your elbows pointing back at 90° with respect your body line. Try to contract mentally your deltoids. If you

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perform this exercise correctly, you can isolate the action of the deltoids very effectively with an almost non-existent pectoral contraction.

Exercise 4.

Adopt a crucifix position with arms stretched at 90°. Concentrate on your shoulders instead on your *trapezius* (this is the difficult point). Hold the tension 5-10 breathings and relax.

1.5.2. Infraspinatus, teres major and teres minor

The next muscles belong to the back, but we analyse them here because they are implied in most shoulder motions.

They are very difficult to isolate, because they are relatively small and there are not positions that generate a differential tension on them.

We can try to contract them varying the angle of the arms in the Exercise 4 of 1.5.1 and applying AMC with fine tuning of the tension from the lower part of the back of the shoulder to the higher without moving the shoulder blades.

1.5.3. Advanced controls for the muscles of the shoulder

The previous exercises work the different sections of the *deltoids* very satisfactorily and they have been designed with this purpose in mind.

The voluntary AMC of this muscle is much more difficult and almost impossible in a neutral relaxed position, but I have had some success applying the FTMCR (fine tune of muscle contraction and relaxation) in the position of Exercises 1, 2 and especially 3 of 1.5.1.

Adopt the position of Exercise 3

(1.5.1) and perform the contraction of the *deltoid* very slowly, feeling each portion of the muscle. If your body fat levels allow it, you can see a very nice tension transference from the lower sections of the shoulder to the upper ones.

1.5.4. Mastering DMC (dynamic muscle control) for the shoulders

Once you have mastered the static isolations, you can try to perform them in a dynamic fashion, simulating every exercise you can imagine.

Exercise 1.

Fix an isolated contraction of the deltoids for 2-3 breathings and move your shoulders very slowly in circles, forward, upwards, backwards and downwards. Regulate the motion with your breaths. Inhale in the first part of the movement and exhale for the next three parts.

Exercise 2.

Raise your arms slowly from position of Exercise 1 of 1.5.1 as far as you reach the crucifix position holding the deltoid isolation throughout the motion. Lower your arms in the same form. Inhale while you are raising your arms and exhale while you are lowering them.

Exercise 3. Compound exercise for upper body.

Do the same than in Exercise 2, but now contract powerfully the *deltoids*, *trapezius* and arm muscles. This exercise increases the lifting power remarkably. Adjust your tension very carefully, don't strain yourself.

In isolation exercises there is little chance of strain, except some cramping,

but with compound exercises in which a lot of muscles are contracted simultaneously, the tension must be carefully tuned in order to reduce the blood pressure and to allow a more fluent motion.

2. Differences between DMC, AMR and SMCR. Advantages and shortcomings of each technique

First of all, I must admit that in many cases the feeling over the muscles of the three techniques can be very similar, although in theory, they are clearly distinguished.

- *DMC (dynamic muscle control)*. It consists in the motion of an isolated muscle or muscle group along their entire range of motion.
- *AMR (antagonistic muscle resistance)*. With this method you provide resistance against the free movement of a group of muscles by means of the counterbalancing tension of their antagonistic partners.
- *SMCR (strategic muscle control with resistance)*. You apply MC to the performance of a motion with external resistance, like weightlifting, bodyweight or self-resistance exercises.

The purpose of DMC is to learn how to generate extreme contractions and relaxations for concrete muscles in motion. You can simulate any exercise with this method if you know what muscles you must contract and relax. This brings you many advantages.

- ✓ The possibility of doing a complete workout of any intensity every time

and everywhere.

The apparatus used in Maxalding is the mind, the body and the ground.

Where you are there is Maxalding.

(Maxalding leaflet, Court Saldo)

- ✓ There is a minimal chance of strain or injury.

Thereafter a series of natural exercises are prescribed for the particular individual, instituted by steady graduations, in a manner that is controlled by the strength of the student or patient, and which makes strain impossible.

(Maxalding leaflet, Court Saldo)

- ✓ It is very progressive and suitable for everybody.

Its exercises are based on definite mental control and range from movements that can safely be performed by the weakest person, to those that are difficult to the advanced athlete.

(Maxalding leaflet, Court Saldo)

- ✓ It can be specialized in order to develop weak points or make the body more symmetrical.

Maxalding can be used with complete fruition on any part of the body, irrespective of any body other part.

(Maxalding leaflet, Court Saldo)

- ✓ This is the only method that works directly (and safely) the internal organs. It is the best for rehabilitation, even in cases of severe injuries. It provides also an excellent cardio workout without forcing you in any form.

This wonderful discovery has made it simple for the organically sound person

2. Differences between DMC, AMR and SMCR. Advantages and shortcomings of each technique

of any age or either sex to keep the heart, lungs, stomach, intestines, bowels, liver, kidneys and skin in perfect working order, even when through injury to the limbs, congenital lameness or physical weakness, the ordinary forms of mechanical exercises are taboo.

*The basic exercises of Maxalding establish correct skeletal position, thoracic suppleness, abdominal tone and flatness, and primarily **give direct exercise to the internal organs.***

(Maxalding leaflet, Court Saldo)

- ✓ DMC combines voluntary control, contraction, relaxation and stretching in every exercise.

Eventually the advanced student possesses the power of stretching, relaxing, contracting and controlling every muscle or muscle group voluntarily.

(Maxalding leaflet, Court Saldo)

- ✓ You can practice DMC exercises every day.

Each muscle or muscle group is daily stretched, relaxed, contracted and controlled in organized sequence...

(Maxalding leaflet, Court Saldo)

- ✓ DMC exercises improve body functions.

... and each pose or position held long enough to ensure complete blood irrigation and circulation.

(Maxalding leaflet, Court Saldo)

- ✓ DMC avoids boredom and makes that you undertake to concentrate entirely in the exercise. Most of controls are of the “all or none” type,

so that when you perform a DMC exercise, you can be sure that you are doing it correctly.

It is impossible to perform any of the Maxalding exercises correctly, unless the mind be intelligently and definitely applied. This does not mean that one has to strain, but merely that one has to perform a single and definite action, thereby giving a definite result, instead of a number of repetitions of leg or arm waving, or hip wobbling movements.

(Maxalding leaflet, Court Saldo)

But, also there are some objections.

- x It is an advanced method. You must know the muscles that are involved in a certain exercise and how to contract and relax them along the entire range of motion. In most cases DMC implies a lot of mastery of the most difficult MC techniques, LAMC (longitudinal analytical MC) and TAMC (transversal analytical MC).
- x Sometimes it is very difficult to contract simultaneously several muscle groups without mutual or antagonistic interference in compound movements.
- x A correct training of tendons and ligaments by means of DMC only is possible performing the motion as far as stretched positions, the most difficult ones to control.

DMC exercises are among my favourite ones, especially DMC swimming, the most gentle, strengthening and complete exercise I know.

I'm a fan of breaststroke swimming and I used to swim briskly about 5 km

every summer day in my twenties, but now the swimming pools are crowded and it is impossible to me to swim a dozen of metres in a row. Because of this, I tried to simulate my favourite sport with another exercises. Obviously, this simulations were not satisfactory until I learned Maxalding. Now I can “swim” every time I want with better performance than in a pool. I'll describe DMC swimming in complete detail in another article.

Actually, the *water resistance* feeling of the internal tension generated by DMC is the main subjective difference between DMC and AMR. My first attempts for simulating swimming used AMR and were frustrating to some extent because in this case the resistance is of a *brake* type. When I tried to put the same contracting effort with AMR swimming than I put on MC isolations, I generally felt nervous, overtrained and sometimes the unequal antagonistic tension of pectorals, triceps and latissimus dorsi over the shoulders produced me an intense pain.

The advantage of AMR over DMC is that it is much more instinctive and easy to learn. In fact, AMR can be considered an almost universal and natural training system for all mammals. All of us tend to stretch and tense our antagonistic muscles when we get up in the morning. Surely you have seen how both domestic and wild animals contract their muscles in very defined patterns.

MC represents the most advanced rational development of this instinctive body conditioning manoeuvres. The great Maxick's discovery, that makes Maxalding very different from another tensing system, is the possibility of

voluntary relaxation. Relaxation leads to isolation and the isolations develop the ability to conserve and distribute energy with extreme efficiency. Many systems try to teach you how to generate maximal forces, Maxalding is the only system that teaches you *the language of the muscles*, i.e., how to relax the muscles in every situation.

Finally, I consider SMCR an excellent way to achieve true DMC. It is almost impossible to reproduce an exercise with DMC if you have not felt previously the action of the involved muscles. This feeling must be analytical and distinctive and, of course, the best way to acquire it is by means of SMCR. Besides, SMCR is necessary in order to get used to external forces.

With this new insights about DMC in mind, I want to reconsider the central question.

3. Can you develop great strength with MC only?

First of all, we must distinguish between pure strength and the actual application of this strength to some sport.

That MC can develop great strength is beyond doubt, because any rational and progressive tension applied on muscles develops them and MC allows you to generate extreme powerful contractions.

But MC training never stresses the body over its own contracting powers and this protective progression prevents in general the quicker size and strength gains we can observe in weightlifting. However, MC is much safer and with sufficient practice and patience its results

3. Can you develop great strength with MC only?

are comparable with those obtained with weights.

One common question is the following. If weightlifting is quicker and much more easy to learn than MC, why should I practice MC?

- ✓ Because it is safer.
- ✓ Because it is the best system to improve muscular definition and density. Weightlifting is not sufficient for achieving excellence.
- ✓ Because MC develops to an extreme degree the neural connections between muscle and mind.
- ✓ Because MC trains nerve force in concrete positions.
- ✓ Because MC optimizes your energy expenditure.
- ✓ Because MC teaches you how to concentrate in the exercise. MC is the true application of the sentence “think on your muscles”.
- ✓ Because MC improves your psychological training and reinforces your mind as much as your body.
- ✓ Because you can perform MC all your life without risk of long term injuries.
- ✓ Because MC is a rational and natural system.
- ✓ Because MC is the cheapest training system of all.
- ✓ Because you can do MC every time and everywhere.
- ✓ ... and many more.

But many people argue that you cannot excel at any sport, in concrete weightlifting, with MC only. This is such

an obvious argument that it does not deserve any defence, but this has nothing to do with the MC development of strength.

I can ask a similar question to some narrow minded weightlifting fans. *Can you develop MC training exclusively with weights?* If they are sincere, they must confess that true MC only can be achieved practising MC. The same argument is valid for any sport. Can you excel at swimming or climbing or ... training only with weights? Does this imply that weightlifting is not good for developing strength? No, weightlifting is one of the best methods of body conditioning, but does not train the necessary skills for swimming, climbing running or wrestling.

This is the only reason by which all strongmen, including Maxick, considered that MC alone was not sufficient for strength development. All of them were involved in professional weightlifting to some extent and MC (or bodyweight exercises or strands) is unable to teach your body how to elevate and sustain a big mass of iron over your head.

In spite of this, muscle development follows some universal patterns, both in weightlifting and MC, that we can use to optimize our strength gains by means of MC training.

You must note that I always speak about strength and not about size. The reason is that MC produces size increases as a by product of the muscle reinforcement and generally the muscles develop definition and density first.

The misunderstandings about MC produced the idea that the only way to

progress in Maxalding was the endless increase of contraction times. This led to the dreadful isotension concept.

In the next section we shall study extremely efficient ways to increase strength in Maxalding without increasing the contraction times over the natural 5-10 breathings limit. If you think that SMCR is the ultimate method in Maxalding, you are wrong.

4. Advanced methods for increasing strength and beating sticking points

Large muscles do not imply necessarily great strength.

*Those who may be hoping to develop themselves as “Physical Supermen”, or shall we say as men who are notably stronger than the average, should realise from the first that Strength lies in the **quality** and not in the quantity of the muscle developed. [...] Pretty nearly anyone who has endowed with a fair natural physique can, if he so wishes, cultivate large muscles and the appearance of a Hercules. It will not follow, however, that he can with such muscles lift weights or heave weights, living or dead, with the facility of a man who has developed supple muscle.*

Numerous repetitions of dumb-bell lifts, etc., will build up muscle bunches, but this will be little better than “exhibits” without resilience or pliability.

And here I would point out that these “muscle cultivators” are the men who have given Physical Culture such a bad name as it possesses and who have, to

no small extent, retarded the progress of weightlifting as sport.

(THE PHYSICAL SUPERMAN – WHY LARGE MUSCLES DO NOT IMPLY NECESSARILY GREAT STRENGTH, Edward Aston)

This words sound very modern. In fact, people like Aston were beyond his time. The acquisition of real strength is a slow process that demands a lot of perseverance.

There are many good strength training methods, the key is the development of good quality muscle. A muscle cannot exert all force that it is able without pliability and suppleness. MC is the best way to developing these qualities. Actually, many modern stretching techniques borrow some simplified concepts from Maxalding.

The simplest and more easily system to increase strength is progressive overloading, generally with weights. In Maxalding we are limited in our loading ability because of the subjective aspects involved in MC and our own bodyweight. In consequence, we must search for new safe methods for increasing strength.

The SMCR technique is extremely good for our purposes, but it is not logical to raise indefinitely the contraction times in order to challenge our muscles. We need more rational and efficient approaches.

Some Maxalding exercises suggest us a way to the solution, the combination of static and ballistic controls (SMC + BMC), although the principle was not clearly stated and it was not universally applied to all controls in the original writings, perhaps because of the difficulty of performing certain ballistic

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controls except in very advanced students. For example, this combined technique is suggested in the exercises for the biceps, a muscle that can be controlled fairly easily.

Peak contraction and control of biceps.

... Contract the biceps powerfully by flexing the arm as completely as possible and turning the edge of the hand (little finger side) towards the body. Hold for several seconds with full concentration. Then relax and contract the muscle in a succession of quick movements so that the biceps is made to jump into contraction and relax again as quickly as possible.

(Description of Exercises K&L of Maxalding)

Another great weightlifter of old times, Pullum, explain us the general techniques for strength development with extraordinary clarity. Note the importance that Pullum gives to the key point in MC and its main effect, the ability of relaxing the muscles properly. This a clear influence of Maxick's ideas and methods. Remember that Pullum was a very good friend of both Maxick and Monte Saldo.

Building muscle and building strength are not necessarily identical propositions. If, reader, you wish chiefly to improve your physical development, this you will find a comparatively easy matter, providing, of course, from beginning to end, that you go the right way about it. Simply to state a fact, adding to the size of the muscles is really the easiest of all results that wait on the use of a barbell.

If great strength, however, be the

dominant aim, then you face a much longer job. For while a total of inches approximating the limit of possible development can sometimes be put on a man's frame in a few months, the limit to which the power of that development can be increased will not be reached so quickly. As indicating the potentialities of one compared with the other, it may be stated that instances are known where muscular strength has increased steadily for over twenty years from a starting point somewhere in the teens. Continuous increase of pure muscular tissue over a similar period, however, is a very rare occurrence. [...]

The condition of the muscles themselves bears on the matter of their development more than most physical culturists seem to realise. What should be understood by everyone interested in this work is that muscle only holds the power of increasing its size while it possesses the ability to relax into a plastic state when not in action. In other words, for muscle to be brought to the full limit of its "bulk" development, maintenance of the normal suppleness of its tissues is a prime essential. [...]

The things that make for outstanding physical strength are great vital force, a high degree of nervous energy, and superlative quality of muscular tissue. [...]

Dealing with the quality of muscle, this is decided by the following properties: (1) its power to operate efficiently; (2) its ability so to continue operating; and (3) its capacity for relaxation when not actively engaged. The extent to which the first two will develop, of course, depends upon what methods are employed and the amount

of time given to the job. Regarding the third, perfect freedom to revert to that condition is a natural disposition of the muscle. But -and this must be understood as well- such it will remain only as long as it is properly treated. [...]

To establish by means of exercise a condition of general bodily fitness, it is not necessary to employ any apparatus on top what nature has supplied. In favour of apparatus there is, of course, this to be said: that it enables the user to concentrate the more easily on what he is doing -a fact which explains its mass popularity! Against it, however, the argument can be advanced that the appeal of the method tends to the essay of tasks beyond the object. Which, as a premature proceeding, certainly is not wise. [...]

Regarding the muscles, as intimated earlier, their strength ultimately resolves itself into a matter of fibrous "tone". That being so, the student should concentrate all the while on the definite improvement of this. In the course of effecting which the tissues may increase appreciably in bulk, or they may not, this depending entirely upon the susceptibility of the material. Most, times, though, this result will occur, if the work continues long enough.

There are several ways in which weights may be used to elevate the tone of muscle. First -and most commonly practised because of its simplicity- the performer exercises with poundages that allow of the movements being carried out correctly a few times only, progression being made by adding slightly to the weight of the bells as the tissue becomes stronger. Second,

poundages mount steadily, repetitions each stage growing less, until the end of the schedule finds the man executing the movement only once. Third, poundages are fixed which approach full capacity, progression being made by performing the various movements alternately faster and slower than the usual rate of repetition. It will probably realised that, of the three, this is the most advanced method.

(HOW TO USE A BARBELL, W. A. Pullum)

These paragraphs are extremely informative. Read them carefully.

The first method is not directly applicable to pure MC, but it can be used with SMCR if you use some kind of weights or leverage.

The second method can be used with MC in the following way. Isolate a muscle or muscle group and contract it at approximately half power. Keep the tension for a count of 20 breathings. Relax 1-2 breathings and contract again the same muscle more strongly, but not maximally, for 10 breathings. Relax again for a few breaths. Finally, contract the muscle maximally (without vibrating or forcing it) and hold the tension 5 breathings. Obviously, the correct application of this technique demands a previous mastery of the controls via FTMCRC in order to be able to distinguish the amount of tension that you are generating.

But, without doubt, a very remarkable progression in MC training can be achieved (beyond the simple increase in tensing power or contraction times) by a smart application of the third method, varying the speed of maximal contractions and relaxations. This

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technique can be applied with advantage to both DMC and SMCR bodyweight based exercises.

Perform a muscle isolation and keep a maximal tension for 5-10 breathings. Relax 1-2 breathings and immediately do a sequence of 5-10 ballistic controls of the same muscle. Try to do them as quickly as possible, but with perfect form, relaxing during inhalation and contracting during exhalation. You can repeat this in a cyclic form.

Even you can combine both methods. Who said that you cannot progress with MC only? You must include the same number of ballistic controls as the number of breathings you keep the tension in each phase of the exercise. One possible workout is this.

1. SMC(20 breaths) + BMC(20 reps), half tension.
2. SMC(10 breaths) + BMC(10 reps), $\frac{3}{4}$ full tension.
3. SMC(5 breaths) + BMC(5 reps), maximal tension (without vibrating or forcing).

If you practise MC this way with a little addition of SMCR bodyweight exercises, your strength will increase surely and steadily, preserving muscle suppleness all your life.