

Introduction to JHR October 2008

By Gabriel "Venom" Wilson, MS., CSCS

We're backkkkkkkkk!!!!!!!!!!!!!!

That's right fans, after a 1 year layoff from publishing your favorite bodybuilding Journal, we have returned. But enough about the past – let's focus on the future!

Acute Training Variables – By President Jacob Wilson

Jacob has been planning this series for years. Acute training variables are those variables which you manipulate during each workout in the gym. For instance, how long should you rest between sets? How frequently should you train? How many sets should you perform? This and much more is answered in a brilliant 8 part series by President Wilson.

We hope you enjoy the issue, as well as all of the site updates. See you on the forums!

Keep it Hard-core

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