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Static Contraction Training by Peter Sisco, Ironman Magazine "A thorough, productive weight workout in less than three minutes? You better believe it!

John Little (writer) - Wikipedia, the free

He has co-authored several books with Peter N. Sisco including Static Contraction Training, Power Factor Training and The Golfer's Two-Minute Workout.

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The Golfer's Two- Minute Workout by Peter N. Sisco

Description: 155 pages. Bookseller Inventory # 035507. Editorial Reviews: Synopsis: Based on the extensive research of health and fitness authorities Peter Sisco and

The Golfer's Two- Minute Workout

The Golfer's Two-Minute Workout Peter Sisco Golf is a sport that has largely overlooked the critical role of strength training. It's a law of physics, however, that

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Peter Sisco is editor of Ironman Magazine's Ultimate Bodybuilding series and co-author of Power Factor Training and The Golfer's Two-Minute Workout.

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Peter Sisco is the co-author of numerous fitness and bodybuilding books, including Power Factor Specialization: Abs & Legs (0-80902-2827-0), Power Factor

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