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kind of performance enhancement. It is therefore up to you to update it with the information you possess and gain through training iterations.

Figure 1.1 below depicts perfectly the difference between precision and significance, and the aim of this manual.

Figure 1.1.

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#1—Synaptic  
Facilitation. This is what  
the Russians base a  
large part of their  
training around. Some  
western coaches have  
called it “ greasing the

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groove. ”. Synaptic facilitation refers to the body ’ s ability to improve strength on an exercise by performing the movement more frequently.

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...

There wasn ' t any special training that allowed them to lift heavy weights with relatively little mass; most of it simply has to do with how they ' re built. So, the primary

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