



DENSITY HANGS

FUNCTION	Strength endurance
GAIN	Structural
VOLUME	High
REQUIREMENTS	None
POPULARIZED BY	Dr. Tyler Nelson
HANG TIME	20 to 40 seconds
DESCRIPTION	<p>Find an edge depth where you can hold a hang between 20 to 40 seconds. The goal here is to hang until muscular failure.</p> <p>This protocol is perfect for beginners. It does not require additional weight, nor a pulley system to reduce weight.</p> <p>This protocol with its longer hang times and reduced intensity, is focused on tendon health and hypertrophy.</p>