



MAX HANGS

FUNCTION

Strength

GAIN

Neurological

VOLUME

Low

REQUIREMENTS

Harness + weights

HANG TIME

10 seconds

EDGE DEPTH

14 - 20mm

POPULARIZED BY

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DESCRIPTION

Aim for a load where you don't quite reach failure at 10 seconds.

This typically involves adding weight with a harness.

This protocol promotes neurological changes, and as a result will produce the fastest strength gains. This does not mean you should be doing these exclusively.