



Active Isolated Strengthening: The Mattes Method

Aaron L. Mattes

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The Aaron Mattes Method of strength training is highly specific. While it is holistic and treats the body as a unit, its primary characteristic is its capability to break down the body to treat isolated parts. There are protocols for every primary muscle of the body. The book follows the training specificity principle by identifying and resolving specific strength and functional deficits. The Mattes Method then employs full range of motion movements to contract and strengthen targeted muscles while at the same time stretches the opposing muscles. The result is increased muscle strength, joint flexibility and balance across the joints.

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