

Week	Main Lifts	Sets	Reps	% Max	Week	Exercise	Sets	Reps	% Max
1	Squat	5	6	70%	1	Squat	5	10	50%
	Deadlift Variation	4	6	50-70%		Bench Press	5	10	50%
	Bench Press	5	6	70%					
2	Deadlift	6	4	75%	2	Squat	5	10	55%
	Squat Variation	4	6	50-70%		Bench Press	5	10	55%
	Bench Press Variation	5	5	72.5%					
3	Squat	6	4	75%	3	Squat	4	10	60%
	Deadlift Variation	4	6	50-70%		Bench Press	4	10	60%
	Bench Press	6	4	75%					
4	Squat	4	5-10	<70%	4	Squat	4	10	60%
	Deadlift	0	0	0		Bench Press	4	10	60%
	Bench Press	4	5-10	<70%					
5	Deadlift	7	3	80%	5	Squat	4	8	65%
	Squat Variation	3	8	50-70%		Bench Press	4	8	65%
	Bench Press Variation	6	4	77.5%					
6	Squat	8	3	80%	6	Squat	3	8	65%
	Deadlift Variation	4	5	50-70%		Bench Press	3	8	65%
	Bench Press	8	3	80%					
7	Deadlift	8	2	85%	7	Squat	4	8	70%
	Squat Variation	3	8	50-70%		Bench Press	4	8	70%
	Bench Press Variation	8	3	82.5%					
8	Squat	4	5-10	<70%	8	Squat	5	8	70%
	Deadlift	0	0	0		Bench Press	5	8	70%
	Bench Press	4	5-10	<70%					
9	Squat	8	2	85%	9	Squat	3	6	75%
	Deadlift Variation	4	5	50-70%		Bench Press	3	6	75%
	Bench Press	8	2	85%					
10	Deadlift	10	1	90%+	10	Squat	4	6	80%
	Squat Variation	3	6	50-70%		Bench Press	4	6	80%
	Bench Press Variation	8	2	87.5%					
11	Squat	10	1	90%+	11	Squat	4	6	70%
	Deadlift Variation	4	5	50-70%		Bench Press	4	6	65%
	Bench Press	10	1	90%+					
12	Squat	5	3	50%	12	Squat	Competition		
	Deadlift	5	3	50%		Deadlift	Competition		
	Bench Press	5	3	50%		Bench Press	Competition		

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Hard Level Training: Fábio Fernando Dr Fernandes: Shark Blue, 2025-02-12 Transform Your Body with Proven Training Systems Unlock your fitness potential with a diverse range of workout methods designed to maximize muscle growth fat loss and strength gains From the Gironda 8x8 System to biotype based routines and full body training these methods cater to all fitness levels and goals Whether you re an ectomorph looking to gain muscle mass a mesomorph aiming to optimize your athletic build or an endomorph working on fat loss we ve got a plan for you The Gironda 8x8 Workout System What It Is A high intensity high volume training method designed to push your body to its limits This system uses 8 sets of 8 reps with minimal rest 10 20 seconds to target muscle growth fat burning and endurance Why It Works By keeping your muscles under constant tension and minimizing rest the Gironda 8x8 maximizes hypertrophy burns fat and increases cardiovascular fitness It s perfect for those looking to make rapid gains in strength and muscle size while also improving conditioning Program Structure Full body workouts split over 4 days alternating muscle groups and exercises to ensure balanced development It includes compound lifts like squats deadlifts and presses paired with isolation exercises such as curls lateral raises and leg extensions Benefits Efficient fast and proven results Perfect for anyone looking to break through plateaus or accelerate their progress Biotype Based Training Recognizing that we all have different body types we ve adapted workout systems based on the three primary biotypes Ectomorphs Mesomorphs and Endomorphs Ectomorphs Hardgainers Characteristics Naturally lean with difficulty gaining muscle Higher metabolism Training Focus Heavy focus on strength training with longer rest periods and higher calorie intake Sample Program Day 1 Chest Triceps Day 2 Back Biceps Day 3 Legs Shoulders Day 4 Active Rest Low Intensity Cardio Rest Periods Longer rests between sets for optimal strength and muscle building Mesomorphs Naturally Athletic Characteristics Well balanced physique naturally muscular and responsive to training Training Focus A balanced mix of strength and hypertrophy training to maintain lean muscle and improve conditioning Sample Program Day 1 Chest Triceps Day 2 Back Biceps Day 3 Legs Shoulders Day 4 Active Rest Low Intensity Cardio Rest Periods Moderate rest for endurance and muscle building Endomorphs Rounder Physique Characteristics Naturally larger with a tendency to store fat Training Focus High intensity cardio combined with strength training to burn fat and maintain lean muscle Sample Program Day 1 Chest Back Day 2 Legs Shoulders Day 3 Cardio Abs Day 4 Active Rest Day 5 Arms Rest Periods Shorter rests and more cardio to enhance fat burning Full Body Workouts These routines are perfect for individuals looking to train their entire body in one session With a variety of exercises focusing on compound movements full body workouts build strength muscle mass and improve conditioning Sample Full Body Routine Day 1 Chest Triceps Bench Press Chest Fly Tricep Dips Tricep Pulley Day 2 Back Biceps Deadlifts Chin ups Barbell Row Lat Pulldown Day 3 Legs Shoulders Squats Leg Press Shoulder Press Lateral Raises Day 4 Active Rest or Light Cardio This structure ensures that you re hitting all major muscle groups consistently throughout the week promoting balance and overall strength Full body training is efficient for fat loss

while building muscle and increasing endurance High Volume Training 8x8 Style If you re looking for intensity 8x8 training is ideal Performing 8 sets of 8 reps per exercise keeps the muscles under tension for a longer period which can result in greater hypertrophy and endurance Here s a breakdown of how to structure your workouts Full Body Training with high volume intensity Alternating Exercises To keep your body constantly challenged change the order of exercises every day For example Day 1 Chest Shoulders and Triceps Day 2 Back and Biceps Day 3 Legs Day 4 Full Body including cardio and abs Minimal Rest Only 10 20 seconds between sets to keep the heart rate high and maximize fat burning Why These Methods Work Targeted to Your Body Type By customizing workouts based on your body type you ensure that your training program is optimally designed to help you build muscle lose fat and improve endurance at the fastest rate possible High Intensity Methods like 8x8 high volume training and short rest periods keep your workouts intense meaning more muscle recruitment fat loss and strength gains Time Efficient These workouts maximize results in minimal time ensuring you get the most out of each session Progressive Overload The varying exercises and intensity ensure constant adaptation preventing plateaus and continuing progress Program Benefits Muscle Building These systems are designed to recruit muscle fibers and trigger growth through compound and isolation exercises Fat Loss Short rest periods and high intensity workouts keep the body in a fat burning state while building lean muscle Endurance Conditioning Consistent training across multiple muscle groups improves overall cardiovascular health and stamina Adaptability These systems can be adapted to any fitness level making them ideal for beginners or advanced athletes Get Started Today If you re ready to take your training to the next level choose the training system that suits your goals Whether you re looking to build muscle lose fat or improve your overall strength and endurance these methods will deliver fast and proven results Unlock your potential and build the body you ve always dreamed of with a personalized workout routine based on your body type and fitness goals Choose the system commit to the process and see incredible results

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Soviet Strength & Muscle Mass Training Dennis B. Weis,2021-12-24 The following SOVIET STRENGTH MUSCLE MASS TRAINING program was designed by Dr Yuri Verkhoshansky Ph D Professor of the Department of Weighlifting Powerlifting and Bodybuilding Institute of physical culture Moscow USSR Ben Tabachnik Ph D Former coach and head of research on the Soviet National Team The 11 Week Training Program was included in as a very effective component the Ultra Mass Manual The manual was published in collaboration with the consultant authors by my good friend Rick Brunner Atletica Soviet America sports performance company USA for ADVANCED BODYBUILDERS who have reached a stagnation phase mass barrier or plateau in training

Hypertrophy and Calisthenics THE PRIO SYSTEM Kristoffer Lidengren,2019-07-16 Do you struggle to find the time to go the gym 3 4 times a week Do you find you re settling for a couple of times a week just for maintenance or that you struggle getting started at all Are you a beginner interested in bodyweight training and calisthenics but don t have the strength and skills needed for training Is the gym the easy option Are you advanced in calisthenics and need a program that will make your workouts as efficient as possible for

building both muscle mass and calisthenics strength i e the planche push up front lever row handstand push up one arm pull up muscle up and the one arm push up The Prio System is a bodyweight workout program designed to develop as much muscle mass and strength in your upper body as possible in as little time as possible Let me tell you this You can build big muscles and a strong body in your living room You don t need the gym and the time it takes to get there All you need are a few minutes and some floor space But how do you combine pushing muscles really hard for muscular development with practising movements for strength and skill acquisition You don t need to already have superhuman performance to train calisthenics I ll show you where to start how to progress and in no time you ll have the strength and balance to do all the hardest exercises and the hard muscles to show for it Maybe you ve been training for some time and have a lot of ideas about what you want to achieve but you re not sure how to do it Programming to fit all your goals seems to lead to endless exhausting workouts Chapter 1 How we must think and structure our workouts to optimize combining calisthenics with training for muscle size Can you isolate in calisthenics Should we divide our workouts into muscle groups Why are some calisthenics athletes small despite their strength and some bodybuilders weak despite their size Chapter 2 A walkthrough of the latest research on how to make muscle growth happen as a result of strength training How many sets and reps per week and workout how we should eat protein and supplements how often and much we should train how intense Chapter 3 The best bodyweight exercises for muscle and strength These exercises go hand in hand building upon each other in a way that makes this program unique Also when and how to use weighted calisthenics why training statically to build static strength is a waste of time and what the better method is Chapter 4 The exercises execution and progressions How to do the exercises the progressions tricks to speed up skill acquisition specific mobility This chapter will also provide you with specific and important techniques to get the most out of your sets Chapter 5 The program The Prio System Here you ll find a list of rules to follow and different programs for different number of days a week Also lower body training with or without the gym and a longer section about warm ups pain management and mobility drills for the wrists shoulders and hips Chapter 6 A summary with example workouts and recommendations on how to log your workouts This is the only program you will ever need for upper body strength and muscle

Mass Muscle Building In Minutes RD king, Exposed Build Shirt Busting Muscle Like You Never Thought Possible In Mere Minutes Six day a week gym sessions lifting weights lasting nearly two hours followed by marathon cardio Complicated split training programs twice a day training Olympic lifts German Volume Training I ve had the pleasure and sometimes the misfortune of trying them all in my quest for the perfect workout plan What if I told you against tradition and what may seem like common sense that the best way to get big fast is to actually train much much less but with total effort and focus That this method has been developed and followed since the late 1960 s is more akin to a science than an art form and some of the top bodybuilders of all time have been its advocates Here s Exactly What You ll Get Learn Why This Is The Most Effective Form Of Training For Mass Discover The Most Important Thing In Training Quickly Get Results By

Incorporating These Workouts Eat To Grow Nutrition Overhaul [Mad Scientist Muscle](#) Nick Nilsson,2011-06 Think changing your physiology is impossible THINK AGAIN With Mad Scientist Muscle Time Volume Training you ll use science based training techniques like controlled overtraining and structural training to optimize your physiology and prepare your body for muscle growth Time Volume Training is all about short sets managed rest and high volume It s an ideal way to achieve muscle mass gains even with bodyweight exercises Best of all every training session is designed to be completed in less than an hour Also included Detailed nutrition section Supplement guide Low carb dieting option Lazy Cook muscle building recipes This book includes the most INSANELY effective training techniques you ll ever experience It is packed with powerful training methods designed to build MASSIVE muscle by using a volume intensity driven format **German Volume Training 10x10 Workout** Fitness Research Publishing,2024-02-16 Dive into the world of German Volume Training GVT with this quick guide designed to take you on a transformative journey towards achieving unparalleled muscle growth and strength Whether you re a seasoned athlete looking to overcome plateaus or a fitness enthusiast eager to embrace a new challenge German Volume Training 10x10 Workout offers a detailed roadmap to mastering one of the most effective and time tested training regimens in the fitness world The book begins with an engaging introduction to the origins and principles of GVT setting the stage for a deeper exploration of this high volume training method With clear concise explanations it demystifies the science behind muscle hypertrophy and outlines the foundational strategies for implementing GVT into your workout routine As you progress through the chapters you ll encounter a wealth of knowledge on crafting your GVT program including selecting the right exercises structuring your workouts and adjusting volume and intensity for continuous growth The book emphasizes the importance of nutrition and recovery providing actionable advice on fueling your body and optimizing rest for maximum gains German Volume Training 10x10 Workout goes beyond the basics offering insights into customizing GVT to meet specific goals such as strength endurance and fat loss It addresses adaptations for various populations ensuring that everyone from beginners to advanced athletes can harness the benefits of GVT A highlight of the book is its focus on the mental game underscoring the role of mental toughness discipline and motivation in achieving success with GVT The inclusion of community and support underscores the importance of sharing your journey with others fostering a sense of belonging and mutual encouragement With detailed exercise descriptions sample training logs and a nutrition and supplement guide this book provides all the tools you need to embark on your GVT journey The glossary of key terms ensures that readers have a clear understanding of the concepts discussed making this guide not just informative but also accessible to fitness enthusiasts at all levels German Volume Training 10x10 Workout is more than just a book it s a companion on your journey to achieving the physique and strength you ve always desired It s time to challenge yourself break through boundaries and discover what you re truly capable of with the power of GVT **Scientific Principles of Hypertrophy Training** James Hoffmann,Melissa Davis,Jared Feather,Mike Israetel,2021-02-16 Summary The Scientific

Principles of Hypertrophy Training is a fundamental analysis of what your training should look like if muscle growth is your main goal or even just one of your goals. The book takes you on a grand tour of all of the main 7 training principles and how to apply them to one's training no matter your experience level, diet phase, or sport. It features:

1. An in-depth 376-page explanation on nearly every important facet of hypertrophy training with summarized main points guide at the end of each chapter.
2. How to apply hypertrophy training to or around other sports and hobbies.
3. How to work around injuries and still grow muscle.
4. Thorough advice on how to construct and modify a hypertrophy program for all experience levels and diet phases.
5. How to design training programs when you're limited on time.
6. Advice on how to troubleshoot your hypertrophy program for best results.

What people are saying about *Scientific Principles of Hypertrophy Training*: Loaded with great info. A university course on hypertrophy. Loaded with useful information and it does a great job with outlining the approach to hypertrophy. The content of the book is amazing and so thorough. Michael S: Great deal of gains assured. The book is full of useful information that all lifters can definitely take benefit from even if they don't specialize in hypertrophy or differ at certain topics. In my personal case, whilst I don't share completely my opinion regarding volume manipulation within mesocycles, I couldn't agree more on many other topics discussed in the book. Love the SFTR and I recommend it to anyone looking to go a step further in their knowledge regarding resistance training or just training in general. Also, there's amazing content on YT that complements the book perfectly. Really good investment. Javier M: This book has been an incredibly useful tool to help me think about how to set up my training based upon underlying principles. This has made it much easier to adjust my program based upon my needs, desires, progress, instead of trying to mimic the appearance of other people's programs. Josh J: This is the new bodybuilding bible. Read it, accept the 9 principles of hypertrophy into your training, and let them wash away your past gym mistakes. You will come out the other side a born-again hypertrophy principle master. Maria C: Book is excellent. It builds on much of the tremendous free information Dr. Mike puts out on volume landmarks and provides the methodology to build the plan, including how to use your workout data to best determine your own individual plan. I would recommend this as an add to the library for everyone serious about adding muscle to your frame. Great work, Dr. Mike. Team John F.

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