

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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**Fábio Fernando Dr Fernandes: Shark
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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

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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.
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