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web dec 9 2021 daily undulating periodization dup refers to inversely changing intensity and volume multiple times throughout a microcycle week in practice an example of dup would be 5 sets of 3 reps at 80 for squat on monday and 5 sets

of 5 reps at 75 for squat on friday conjugate periodization refers to constantly alters training stressors

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web aug 5 2021 for example if you wanted to develop muscular endurance or work capacity 2 undulating periodization aka non linear periodization undulating periodization also referred to as non linear periodization involves varying the stimulus on a daily dup or weekly wup basis dup daily undulating periodization

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web mar 23 2022 undulating periodization is a type of training where volume and intensity go up and down either weekly or daily within the training period weekly undulating periodization wup changes the volume and intensity week to week and daily undulating periodization dup adjusts the volume and intensity daily between training