

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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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

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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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in detail paragraph 3 conclude the letter this section must say what you re expecting or the solution complimentary closing

now conclude the letter with complimentary closing like yours sincerely yours faithfully etc

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