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THE PERFECT BEGINNER'S BODYBUILDING PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15
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 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15	 Set 4 Reps 10-15

THE INTERMEDIATE BODYBUILDING PROGRAM



DAY 1

@andy_rippedbody

DAY 2

EXERCISE	SETS/REPS	%1RM	1st Set RPE
SQ VARIANT	4/3-5	82.5 - 87.5%	8
DL VARIANT	4/3-5	82.5 - 87.5%	8
SL VARIANT	3/6-8	NA	8
LEG CURL	3/6-8	NA	8
ST CALF	5/6-8	NA	8

DAY 3

MUSCLEANDSTRENGTHPYRAMIDS.COM

DAY 4

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HH VARIANT	3/6-8	NA	8
LP VARIANT	3/6-8	NA	8
LEG EXT	3/8-12	NA	8
LEG CURL	3/8-12	NA	8
SE CALF	5/12-15	NA	8

DAY 5

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HORIZONTAL PULL	3/6-8	NA	8
VERTICAL PULL	3/6-8	NA	8
WT BACK EXTENSIONS	3/8-12	NA	8
FACE PULL	2/12-15	NA	8





Bodybuilding.com® Printable Logs

Bodybuilding.com's Workout Log
14 Prints in 14 Days Program Complete Print 2 Weeks

DATE: _____ DATE: _____ TIME: _____

CARDIO TODAY? YES/NO _____ EXERCISE _____ DURATION _____

LENGTH OF WORKOUT: _____ WEIGHT: _____ LOCATION: _____

MOOD WHEN STARTING: _____

Instructions: In the white space below, fill in the weight you used and the number of reps you performed. If you do 100 curls in 10 sets, you would enter "100" in "1" and "100" in "10 sets".

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
Day 13 Bicep Training										
Warm Up 3										
Pushups										
25-100 reps										
Rest										
25-100 reps										
Rest										
25-100 reps										
Rest										
25-100 reps										
Rest										
25-100 reps										
Rest										

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While most of these lifts should probably be your bread and butter, they must adapt and adjust to fit your body. Putting it all together with bodybuilding is a crazy science. 60-65. They also tend to share an antagonistic relationship: their lats work to push their arm back towards their body, directly opposite the role of their PEC credit.: Maksym Fesenko / Shutterstock to cultivate a balanced physique, it is the best practice to roughly take advantage of your push volume with your volume of tracing. If you are in your first or second year of training, trying to hang up with boys or girls with a decade under their belts, it is likely to be reckless and probably ineffective. To keep acclimatization training fresh and late, don't do all your work with the same tools. Appl. Your weekly strength skyrockets, your mood improves as you adjust to the mental benefits of regular exercise, and of course, pack the meat as you work in a butcher shop. All this and more is possible with the right. program. Daily strength and conditioning. Medicine and Science in Sports and Exercise, 51 (1), 94-103. Áe Maughan, R.J., Watson, J.S. & Weir, J. Synergic growth between antagonistic muscles can help ensure that your joints are prepared for long-term performance, as well as the creation of a healthy body. It's good to watch. Physiol. Strength athletes have a litany of programs available to stay on the winning's train, but the roadmap is not paved as well for the enthusiasts of the physicists. J., GRGIC, J., & Krieger, J. R., & Ugrinovich, C. In simple terms, pushing exercises usually involve the muscles at the front of the body, while the strips work your back chain from the head to the heel. When a Experienced may need a higher volume or more advanced technical, beginners can maintain the course and make constant gains without all bells and whistles of a luxury program. luxury. Schoenfeld, B. Intermediate apprentices require a more refined approach than a farm of range, but with the right routine, and adequate nutrition, still can add mass to its frame quickly and reliably. The program such as you prioritizes changes in muscle growth over time, the programming of intermediate bodybuilding should also progress from broad to narrow. This template represents a full routine, but it is always sensitive to alleviate in a new training plan, even at a high level. Diary of Sports Sciences, 37 (11), 1286-1295. Á. Schoenfeld, Brad & Grogic, Jozo. A systematic review and a methanamelist of studies that examine the effects of resistance training frequency. After some time, you may need a more calculated approach. Veterans lifters probably do not have to hear this, but it goes off to repeat: almost nothing in bodybuilding is written in Stone. How to progress, since you simply can not add five pounds to your bar all the session for the rest. From his career in the gym, advancing as an advanced athlete requires excessive amounts of sand and ingenuity. 10.1519 / ssis. Nobody wants to be every Quad and not Hamstring. Á e Exercise Library Bodybuilding training is a library of techniques and almost infinite tools. It can be tempting to follow the steps of your favorite professional bodybuilder, but to do it it is dangerous. T. There is no reason to push too hard too fast, but science supports a strong correlation between muscle strength and size (2), so work with weighing weights á €

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