

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

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HOR PUSH	4/ 3-5	82.5 - 87.5%	8
HOR PULL	4/ 4-6	NA	8
VER PUSH	3/ 5-7	77.5 - 82.5%	8
VER PULL	3/ 6-8	NA	8
TRICEPS	3/ 8-12	NA	8
BICEPS	3/ 8-12	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

EXERCISE	SETS/REPS	%1RM	1st Set RPE
VER PUSH	3/ 6-8	75-80%	8
HOR PUSH	3/ 6-8	75-80%	8
DIPS	3/ 8-12	NA	8
FLYS	3/ 12-15	NA	8

DAYS

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

Muscle And Fitness Intermediate Guide

M Carnoy



Muscle And Fitness Intermediate Guide:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Muscle And Fitness Intermediate Guide**

In a global inundated with displays and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the lyrical pages of **Muscle And Fitness Intermediate Guide**, a captivating perform of fictional splendor that pulses with natural thoughts, lies an unique journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus guides viewers on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect its captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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