THE INTERMEDIATE

BODYBUILDING PROGRAM



DAYI

@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	%IRM	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

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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

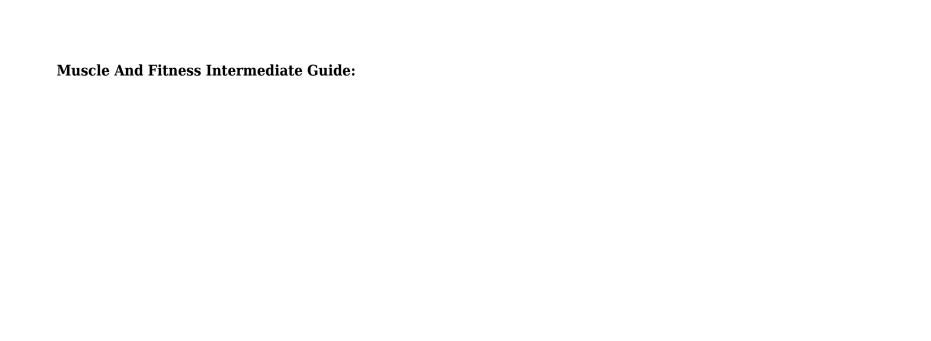
EXERCISE	SETS/REPS	961RM	1st Set RPE
VER PUSH	3/6-8	75-80%	8
HOR PUSH	3/6-8	75-80%	8
DIPS	3/8-12	NA	8
FLYS	3/12-15	NA	8

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

Muscle And Fitness Intermediate Guide

G Psacharopoulos



Decoding Muscle And Fitness Intermediate Guide: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "Muscle And Fitness Intermediate Guide," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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