

# **Dorian Yates Blood and Guts Workout (1).docx**

## **Dorian Yates – Blood and Guts 6-Week Training Program**

### **Day 1 – Chest and Biceps**

- 10-minute cardio
- Rotator cuff warmup – 2 sets x 12 reps
- Decline barbell bench presses
  - o Warmup set –
  - o Warmup set –
  - o Working set –
- Incline dumbbell presses – 45 degrees
  - o Warmup set –
  - o Working set –
- Flat bench dumbbell flies
  - o Warmup set –
  - o Working set –
- Dumbbell concentration curls
  - o Warmup set –
  - o Working set –
- Straight/EZ bar curls
  - o Working set –

### **Day 2 – Back**

- Dumbbell/Lat machine pullovers
  - o Warmup set –
  - o Warmup set –
  - o Working set –
- Close-grip pulldowns
  - o Warmup set –
  - o Working set –
- One-arm dumbbell rows
  - o Warmup set –
  - o Working set –
- Wide-grip cable rows
  - o Warmup set –

# Dorian Yates Blood Guts 6 Week Trainer

**Wenbin Ji**



**Dorian Yates Blood Guts 6 Week Trainer:**

## Decoding **Dorian Yates Blood Guts 6 Week Trainer**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Dorian Yates Blood Guts 6 Week Trainer**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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