

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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James Hoffmann, Melissa Davis, Jared Feather, Mike Israetel

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while building muscle and increasing endurance High Volume Training 8x8 Style If you're looking for intensity 8x8 training is ideal Performing 8 sets of 8 reps per exercise keeps the muscles under tension for a longer period which can result in greater hypertrophy and endurance Here's a breakdown of how to structure your workouts Full Body Training with high volume intensity Alternating Exercises To keep your body constantly challenged change the order of exercises every day For example Day 1 Chest Shoulders and Triceps Day 2 Back and Biceps Day 3 Legs Day 4 Full Body including cardio and abs Minimal Rest Only 10-20 seconds between sets to keep the heart rate high and maximize fat burning Why These Methods Work Targeted to Your Body Type By customizing workouts based on your body type you ensure that your training program is optimally designed to help you build muscle lose fat and improve endurance at the fastest rate possible High Intensity Methods like 8x8 high volume training and short rest periods keep your workouts intense meaning more muscle recruitment fat loss and strength gains Time Efficient These workouts maximize results in minimal time ensuring you get the most out of each session Progressive Overload The varying exercises and intensity ensure constant adaptation preventing plateaus and continuing progress Program Benefits Muscle Building These systems are designed to recruit muscle fibers and trigger growth through compound and isolation exercises Fat Loss Short rest periods and high intensity workouts keep the body in a fat burning state while building lean muscle Endurance Conditioning Consistent training across multiple muscle groups improves overall cardiovascular health and stamina Adaptability These systems can be adapted to any fitness level making them ideal for beginners or advanced athletes Get Started Today If you're ready to take your training to the next level choose the training system that suits your goals Whether you're looking to build muscle lose fat or improve your overall strength and endurance these methods will deliver fast and proven results Unlock your potential and build the body you've always dreamed of with a personalized workout routine based on your body type and fitness goals Choose the system commit to the process and see incredible results

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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

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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.
6. Advice on how to troubleshoot your hypertrophy program for best results.

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