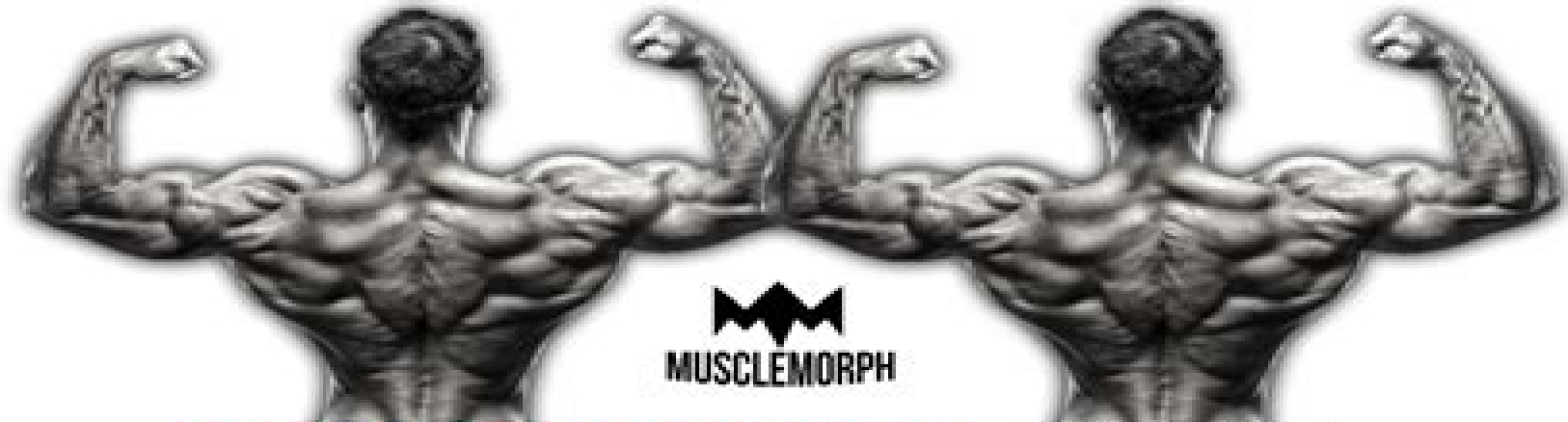


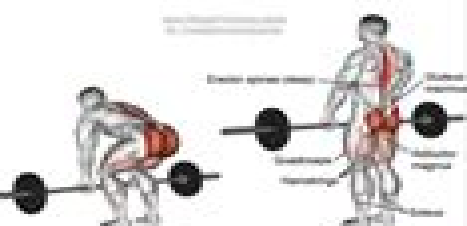


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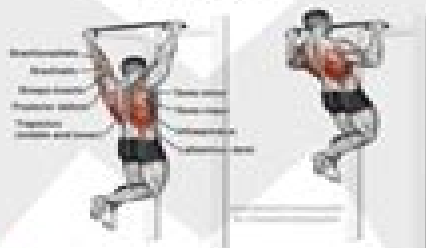
DEADLIFTS



3 SETS, 6-8 REPS

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PULL UPS



UNTIL FAILURE

BARBELL ROW



3 SETS, 8 REPS

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STIFF ARM PULLDOWN



3 SETS, 12-15 REPS

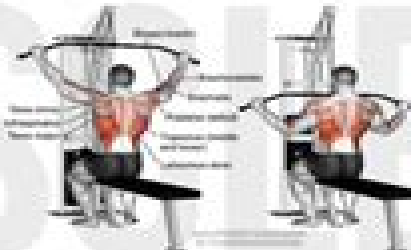
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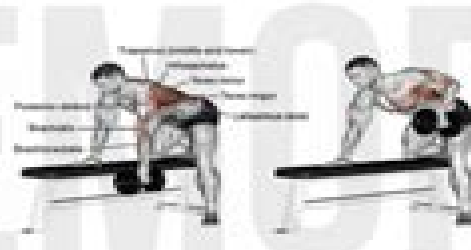
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3 SETS, 10 REPS

DUMBBELL ROWS



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3 SETS, 8 REPS

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Jim's Weight Training Guide, Superset Style! James Atkinson,2015-08-07 Hi I m James Atkinson Jim to my friends and readers I m a qualified fitness coach competing bodybuilder and have a burning desire to help others reach their fitness goals I have been training for nearly 20 years and this training has taken me from long distance running to bodybuilding competition It is fair to say that I have learned the secrets of weight loss and fitness from my own personal journey I have been fat skinny and muscle bound throughout my fitness career and I really feel fulfillment from helping and advising others when it comes to their goals This book is all about the very well known but little practiced correctly method of training known as Supersets My aim with this book is to give you the knowledge so you will Be able to identify the workload that best suits your training goal Effectively add supersets to your existing workouts Use the method full time Plan to use supersets to

target your weaknesses Be in a position to devise your own workout routine using this method From my first year of resistance training I knew of the superset concept but it was many years later that I started to use it to good effect in my training and later my clients training too It was through my own exercise and learning that I was able to fashion this method into something that could be used in all types of workout Whether you are looking to build muscle burn fat or even train for endurance you can Use supersets to shorten your workouts Increase intensity Add volume to your training Add variety to your average training session This book includes examples of full workout routines for different levels of fitness and different fitness goals These can be followed directly from the book but my main focus is to pass on my knowledge so you can adapt your training or tweak the featured routines to great effect I will wish you good luck and I'll see you on the inside Let's get started

Super Calf Training Secrets - Volume 1: Routines & Workouts Dennis B. Weis, 2022-01-06 The Super Calf Training Secrets 3 volume set is the most in depth and comprehensive calf training guide ever developed for the general public With over 40 workouts this guide provides you with all the exercises needed to develop strong dense muscular calves In addition the guide includes never before seen expert interviews with some of the world's top bodybuilders and advanced exercise execution demonstrations

Muscle Growth Guide Silas Donovan, 2025-03-17 Muscle Growth Guide offers a science backed approach to maximizing muscle growth and strength gains cutting through fitness industry myths with evidence based insights It emphasizes optimizing training techniques for muscle hypertrophy strategically increasing strength and mastering protein intake Did you know that understanding muscle physiology including protein synthesis and hormonal responses can significantly enhance your training The book uniquely advocates for personalized strategies challenging the one size fits all approach to fitness and highlights how modern research has illuminated the precise mechanisms driving muscle growth The book begins by establishing core concepts of muscle physiology and biomechanics before delving into resistance training principles and program design including progressive overload and periodization It then addresses nutrition particularly protein requirements and nutrient timing Finally it integrates these aspects into actionable strategies such as workout programs and meal plans This comprehensive approach ensures readers understand both the why and how of muscle growth empowering them to achieve sustainable progress

The Thinking Person's Guide to Fitness Jake Nash, 2010-10-14 Your Body Will Only Go Where Your Mind Leads it Are you sick of fad diets Frustrated by fitness gurus who don't seem to understand you and your life Annoyed that everyone wants your money yet no one provides the promised results Are you intelligent enough to know there are no quick fixes to difficult problems Would you like to UNDERSTAND how your body works There is a solution It doesn't require a degree in exercise science but it does require a desire to go beyond the quick fixes and gimmicks The Thinking Person's Guide to Fitness will give just enough knowledge to enable you to understand how you are unique With this knowledge you'll be able to setup a diet and fitness plan that works for you and you'll know the difference between fitness fact and fitness fiction This book is one I truly enjoy as a trainer Jake has really

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web represent two unsigned 2 bit numbers the outputs are the four bits of the product of the input numbers express the logic functions for each term in the product on a karnaugh map of the four input variables hence design a multiplier circuit using 4 input nand and inverter gates only a 3 a 2 a1 a0 0001 1100

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