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It is the first mesocycle because it has enough volume (the amount of the formation) to obtain the muscle effectively growing, but it starts beautiful and easy so that you can get the maximum by doing the minimum necessary. It becomes more difficult as you go, and in the end a real challenge will be. But when you finished it, you will be much strong and much better to do sets and sets of each exercise. After the first mesocycle is complete and you made 5 weeks of training, your body will be a little resistant to muscle growth and we will need to bring out all the stops for you to continue progressing to the fast rates. In the second mesocycle (Metabolite Focus), your reps for sets will go up considerably how the weights will intentionally light. In addition, the rest time is shortened for enough time for you to barely capture your breath, and some supersets will be included. This type of training increases the level of lactate and other muscle metabolic by- products; It is these by -products that play an important role in stimulating muscle cells to grow. How do you know that metabolites are adding to the muscles during training? Due to the high reps, short rests and SuperSets literally felt a å cõbriucioreå ¢ in the muscles as one could not have heard before. This is exactly what we want, so if you hear it, you are on the right path! When you completed the Metabolite Mesociclo, your body will change for the best. But now, because we have thrown the kitchen sink to the muscles, your body will be very resistant to any further short term. So how do we grow up again? Do the third mesocycle: mesocycle: The process of obtaining the muscles ready for growth still requires more low volumes (Numbers and repetition numbers) of training, so that it is only what this mesocycle program for you. Training will be heavier than you get used to (heavy weight maintains earnings much better during lower volume periods), but less sets and less repetitions will be less. You will probably do not get big pumps or you will see great changes in your body during this period, but it's okay because at a deep physiological level, your body is forgetting the high -volume training of the last 10 weeks. The next time you train with high volumes again (circulating back around Meso 1 when you completed the third Meso), your body will be mature and ready to respond with constant growth! And for those of you who love to train with tons of sets and rep, he does not care about feeling bored ... This phase is only 3 or 4 weeks long. Now that we have a general profile of the process, let's enlarge to see how every mesocycle sheet works and how it is possible to plan it to work better for your needs. Step 1 and 2; insertion of favorite exercises. Before entering the details, keep this in mind. If every getting lost in all this, just look at the mesocyclical training sheet itself and follow the numbers (1-6) and large arrows for the instructions at every stage of the process, all coded in color for your convenience. Please watch this video before reading the rest! Also, before entering any cell in the model, save a reserve copy of the program somewhere so that if you ruin the program by typing in the wrong cell or eliminating parts of the program, you always have a fresh program to return to and "save Like "a new program for future use. In the column å ¢ œ1.) Å ¢, you will see a group of Empty green, and right on their left, the category to which they belong (such as å ¢ œquadså ¢ or å ¢ œHamstringså ¢). These are all the exercises that Compose each of the training days for the next five weeks. To choose an exercise, just scroll through the drop -down menus of each cell and choose a movement! A couple of quick tips: - Choose the exercises you have access to the gym and/or that you did before or you are the most comfortable. For better management of the stimulus and fatigue, we advise you to choose two different movements for each of the options for the exercises when two cells are available, for example when "I quads" are two - exercise in a row, however, you can choose from repeat å ¢ å ¢ å ¢ ¢Movement if you feel sure of your ability to benefit and recover from this approach. Select only the movements in which you are competent. This is not a novice program and you have to know the basic elevators well. Consider consulting a local coach to help you with the technique if you are fighting. To help you remember the adequate techniques for the exercises, every time you choose an exercise, the corresponding video will be displayed in a "2" clicked connection connection. name column. These videos are an excellent point of reference for you, and come from a Bodybuilder IFPA PRO of RP. Jared Feather (and sometimes Dr. James Hoffmann in the strange exercise here and L) passage 3: entering the values of 10rm estimated. Once you have chosen your "1" column exercises. "10rm means å ¢ å ,~ å " 10 REPEATION MAX ", more weight you can do for a set of 10 for each exercise. Does this mean that you actually have to go to the gym for the whole week before this program and find your 10rm values by testing them? Absolutely no. If you have recent 10rm values recently from your older, excellent training, use those. If you don't have to worry. This program is designed to work well in a wide range of weights that are estimates of your 10rm. Your only job Soiy the same Mror . Keep the salmpuocan , Queo Hasister People mééé , mib: s ioollool Ammerj, supé, Class , jucan , Vanuban , Vanubank Leader , Quan) Answers! 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In both mesocli 1 and 3, take enough time between the series to quite fully capture the breath. This is 2-5 minutes for most people, and unlikely to be less than a minute. Great movements composed as squats and deadlifts will require more rest than isolation moves like dumbbell curls. In mesocycle 2, however, we want you to rest only as long as it takes to catch just the breath between the sets. So for normal sets (non-superset) it is recommended to take enough time to not be gasping for air... something like 30 seconds at 1:30 for most. For supersets, there is no rest between the first and second move (in the superset), but there is short rest (30s to 1:30) between each superset. If your model has a "heavy" label before that training even on Mesocycle 2, stick to normal 2-5 minutes rests between the sets and not the shortened remains you will do for the other days of that mesocycle. When you are doing every set of jobs, you will notice that the column "trying goal" is quite strange. Says something like "3/fail, 2/fail or 1/fail". What does the /fail system mean (read: "from fault")? It's very simple. If the target of the representative says "3/fail," then you are to stop the set when you think you have about 3 reps left in the tank. When you say "2/falla," stop when you have only two reps or so on and when you say "1/fail," stop the set when you have only one repeater left before giving out. It is so simple. What it means is that you are pushing quite easy in the first few weeks, and spreading the relative intensity as weeks progress to week 4, which of coursepure hell. this system is designed to perform progressive overload function to give maximum results, and it will work.keew eht ni ylræ hguot repus saw gniniart ruoy fi ,subT .gniniart fo keew-flah txen eht ni gniod eb llÅÅÅeuy stes fo rebmun eht retla ot si ssecorp lausu eht tub ,detaciipmoc etiug teg nac mhtirogla eht . 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Redrah Teg keew flah tx txen eht .ysae oot saw gniant uort uot fio ,edam eb liw signah Art The lower repetitions, but also the weights will be lower, especially in the second half of the week of the load. This to promote recovery and maintain muscle, and is completely planned (your model is not broken because weights are so pleasing). There is no evaluation scale for those workouts, partly because they will be super easy. If you choose to skip the Deload week or make it more difficult, it is unlikely that it is a good decision for your medium and long term training. Final step: repeat the program or move on? After the week of Deload, you can switch to the next sheet in rotation. Make sure you choose different exercises (highly recommended not only to do the same) and continue for another 5 weeks of training. After doing the first two mesos, do the third and then go back to the first and so on, choosing new exercises every time. If you want to change your BodyPart focus, consider buying another focus model. model.

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