

Mike Mentzer 3 Day Split

Peipei Pang

Bodybuilding.com Forums The most popular bodybuilding message boards! *beginning, rate my routine+pics - Bodybuilding.com Forums* Jan 29, 2005 · The third week, go up to 3 sets per exercise. Do this for 3 weeks. Take a week off, then move up to a 4 days per week each bodypart 2x per week split. For diet, timing is important. As an ecto you can eat lots of carbs. Have a protein drink when you wake up, 1 before bed and a big one (double or triple serving) 1/2 hour after you workout. **Creatine (Semi question/repost - Bodybuilding.com Forums** Feb 15, 2011 · Accutane + Creatine (Semi question/repost - Semi rant) Back after a long. So here's the situation. Basically I my gym has recently changed their policy (not sure if legal). And they are refusing membership to all people under 16, and refunding them for the month they release them all - this means I can't workout at a gym anymore. Because of this my parents ... *Thread: is there anything "wrong" with a traditional routine* Jun 22, 2015 · is there anything "wrong" with a traditional routine I have always done a 4x a week training split including legs / shoulders/ back and bi's / chest and tri's (sometimes I will put legs and shoulders on the same day if it's a busy week). I do 12-15 sets per muscle group and pyramid my reps (the higher up I go in weight, the lower the reps). **Please Critique 4 Day Split - Consists of Compound + Isolation ...** Jun 23, 2010 · Day Two, Lower Power:2 or 3 Squatting and Deadlifting movements, 3-5 sets in the 5 rep range, and 1 Accessory Movement Day Three, OFF Day Four, Hypertrophy Shoulders/Back/Traps:* 4 Supersets consisting of 2 exercises each, 3 Shoulders and 3 Backs in the 8-12 reps range, and 2 Traps in the 10-15 rep range, 2-3 sets each. 1-2 reps short of ...

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