

The Suggested Training Routine

MONDAY AND WEDNESDAY	1st cycle		2nd cycle		Time
	set	reps	set	reps	
1. Full squat		1 20	1 15		:04
2. Stiff-arm pullovers	1	50	1 30		:04
3. Barbell rowing motion, for lats	1	12			:04
4. Behind-neck chin	1	12			:04
5. Regular chin	1	10			:04
6. Parallel dip	1	15			:04
7. Dumbell decline press	1	12			:04
TOTAL TIME FOR FIRST CYCLE					:28
TOTAL TIME FOR SECOND CYCLE					:08
8. Standing barbell press	2	10/8			:08
9. Standing barbell curls	2	10/8			:08
10. Triceps pulley curl	2	15/12			:06
11. Wrist curl (as noted before)	8	15			:08
12. Calf raise	3	20			:06
13. Stiff-legged deadlift	1	15			:04
14. Grip machine	2	20+			:04

While such a routine will not include "exactly similar" exercises, they will, in general, be close enough to give very good results and things such as the sequence of exercises, training time required, number of sets, and the basic principals involved will be exactly the same as in the ideal training routine involving the use of special equipment.

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United States. Office of Education



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DR HIT's Ultimate Bodybuilding Guide: Arms David Groscup, 2012-12-05 This guide uses techniques like forced reps negative accentuated super contractions specialized holds partial reps confusion training and much more to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical scientifically based method to build award winning arms quickly The author introduces the reader to such concepts like The proper way to use HIT variables Cycling your training intensity to experience continued growth How to shock your arms to new growth after hitting a sticking point Using confusion training to prevent sticking points The difference between strength and size gains and the proper way to train for both Why HIT is the best way to build your arms fast Much much more **The Complete Triathlon**

Endurance Training Manual Patricia Bragg, Bob Johnson, 1985 *The New High Intensity Training* Ellington

Darden, 2004-10-01 Presents the high intensity training philosophy with key training points a specialized two week course for developing certain areas of the body a nutrition plan for boosting body mass and stories of well known HIT users **DR**

HIT's Effective High Intensity Variables David Groscup, 2012-10-11 This guide outlines advanced HIT high intensity training techniques based on scientific research which will allow the reader to maximize the results of his or her bodybuilding training proper use of these techniques will enable trainees to gain the maximum amount of muscle in the least amount of time without using dangerous drugs or growth hormones All of these variables are equally effective whether used with barbells dumbbells or selectorized machines With the information in this manual it is possible to train as little as 30 60 minutes per week and gain the most muscle growth that your genetics allow Everything is explained in easy to follow detail David Groscup has over 35 years of HIT training experience and is certified by the International Association of Resistance Trainers IART as a High Intensity Training Specialist **DR HIT'S Ultimate Bodybuilding Guide: Chest** David Groscup, 2013-02-12

This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Learn how to properly use forced reps negative reps negative accentuated reps super contraction holds partial reps and more to build a strong powerful well developed chest quickly **Plays by Henry Arthur Jones** Henry Arthur Jones, 1982-09-09 The Silver King The Case of Rebellious Susan and The Liars with a full introduction **Manual Training Magazine** Charles Alpheus Bennett, William Thomas Bawden, 1912 *Wing Chun Kung-fu Volume 1* Joseph Wayne Smith, Dr., 1992-08-15

Introducing a new scientific approach to Wing Chun kung fu this book gives a clear and detailed exposition of once closely guarded techniques Rejecting the secretive approach that characterizes much of martial arts writing the author draws upon biomechanical theory to explain logically and scientifically how the techniques of Wing Chun kung fu work After an explanation of the theory behind the various Wing Chun moves the reader is led step by step through each of the forms Chi gerk and chi sao the Wing Chun sticky hand and sticky leg techniques are explained and liberally accompanied by 183

photographs detailing the important moves An additional section devoted to weight and power training for the martial artist makes this book invaluable not just for those interested in Wing Chun kung fu but for practitioners of any martial art

Wing Chun Kung-Fu Joseph Wayne Smith, Ph.D.,2011-12-10 The essential guide to Wing Chun Kung Fu basic forms and principles fighting and grappling advanced techniques and weapons Featuring over 300 black and white photos and step by step illustrations Wing Chun Kung Fu A Complete Guide offers clear straightforward and authoritative instruction to the Chinese martial art of Wing Chun Kung Fu This Wing Chun book introduces and demonstrates the three empty hand wing chun kung fu forms the combative building blocks of the system including sticky hand and sticky leg fighting chin na and the theory of vital strikes to the weak points of human anatomy dar mak This Wing Chun guide also introduces the wooden dummy form the six and a half pole form and the use of butterfly knives In addition this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in depth understanding of both the practical application of this fighting art and the meaning behind it Other sections include specialized fighting and grappling techniques and instructions on using weapons An additional section is devoted to conditioning stretching power training and weight training exercises that will be of particular benefit for serious students of Wing Chun and practitioners of any martial art

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