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Barbell medicine legacy templates

Category SupplementsSubscriptionCoachingTraining TemplatesGroup ProgrammingMonthly Research ReviewApparelLegacy TemplatesForm Checks & ConsultsE-BooksPain & Rehab This is a new version of our original 8-week Bridge 2.0 template with updates to schedule, exercise selection, volume and intensity recommendations collected based on data from v1.0 and v2.0 users. In addition, our new templates have been redesigned with a focus on usability and experience. This purchase includes both the pound and kilo versions of the template. This is a 3-day strength and conditioning template that uses a variety of movements, rep schemes, and other programming elements that aim to increase strength, muscle size, mobility, and work ability with a bias to improve squats, bench presses, overhead press and deadlift. If you are a brand new lifter, only come from the Bridge V1.0, HLM or GPP templates or 3.0, then I would recommend this template. What's better, HLM or The Bridge? I don't really have a preference. I think both can be brutally effective for the right people. Compared to our less specific HLM template, this template devotes more training resources to the elevators above, but still uses a good amount of variations. Besides, I wouldn't feel comfortable saying that one is better than the other, because I think that the individual's responses to the training will end up dictating the program that works better, rather than a specific difference in the programming of variables. Other features of this program: Solid beginner training program, also a good idea according to Time Crunch Template or GPP Templates Can also be used after Bridge 1.0 Uses several different additional lifts of Bridge 1.0 and 2.0 Rep schemes varies from Bridge 1.0 and 2.0 Introductions RPE and also offers percentages 3 days/week including conditioning (additional 2 days or added after a training session) Equipment: Rack, Barbell, free weights, bench, optional leg press and Safety Squat Bar (SSB) Including video playlist and logger Additionally, if you try to lean around more than a few pounds, has somewhat impaired recovery or training resources at the moment, has a number of tricky injuries, and/or needs a change in the pace of pure strength training - then one of the GPP templates is probably better for you. If you're super cracked for the time, then the time crunch plan is probably ideal for you. There are currently no refunds available for downloadable products. This is a new version of our original 12-week press template with an updated schedule, exercise selection, volume and intensity programming to improve strength performance based on the data collected. In addition, our new templates have been redesigned with a focus on usability and experience. This purchase includes both the pound and kilo versions of the template.

_____ and muscle mass to improve 1 rep max performance in squat, overhead press and deadlift. This is not the best choice for new lifters and we would recommend The Bridge 1.0 or 3.0, GPP Hypertrophy or HLM templates instead. In addition, if you are a post-Novice lifter who tries to lean for more than a few pounds, has some impaired recovery or training resources at the moment, has a number of tricky injuries, and/or needs a change in the pace of pure strength training - then one of the GPP templates is probably better for you. If you are an intermediate and you are super cracked for time, then the time crunch plan is probably ideal for you. Overall, this template is for maximum strength improvement in the squat, overhead press, and deadlift during training 4 days a week with the idea that someone will either go to a meeting after the 12th week or will test their one repetition at the end. Designed for post-beginners who meet the following criteria: Have a significant amount of training time available, e.B. 2 hours are the norm for most workouts. Are not trying to undergo rapid weight loss Are not recovering from an injury Will focus on squats, press, and Deadlift, as this template is excellent for powerlifting hit equipment rack, barbell, free weights, bench, preferably able to use the pins, optional: leg press updated schedule, exercise selection, volume and intensity programming to reshape the strength performance based on data from v1.0 users with a focus on usability and user experience this program uses RPE and percentages to communicate training intensity. It is programmed for 4 days a week, but can be changed for 3 days per week. There are additional conditioning recommendations for general physical preparation (GPP). A How-To Video playlist is also included. There are currently no refunds for downloadable products. This is a new version of our original 8-week Heavy Light Medium (HLM) template with updates to schedule, exercise selection, volume, and intensity recommendations based on data collected by v1.0 users. In addition, our new templates have been redesigned with a focus on usability and experience. This purchase includes both the pound and kilo versions of the template. This is a 3-day strength and conditioning template that comes with a greater variety of movements, rep schemes, and other programming elements that aim to increase strength, muscle size, mobility, and working ability in general. Compared to our more specific 12-week strength and 12-week press templates, which have the power of 1 Rep max in the Bank press (or press) and deadlift, this HLM template devotes training resources to multiple targets for non-competitors and off-season lifters. If you are a brand new lifter that is just coming from the bridge v1.0 or 3.0, or even an off-season competitor, then I would recommend this What's better, HLM or The Bridge? I don't really have a preference. I think both can be brutally effective for the right people. Besides, I wouldn't feel comfortable saying that one is better than the other, because I think that the individual's responses to the training will end up dictating the program that works better, rather than a specific difference in the programming of variables. Other features of this program: Uses RPE and percentages 3 days/week including conditioning (additionally added 2 days or after a training session) equipment: rack, barbell, free weights, bench; optional -bein Press and Safety Squat Bar (SSB) Includes Video Playlist and Logger Additionally, if you're trying to get more than a few pounds, has somecommised recovery or training resources at the moment, has a number of tricky injuries, and/or needs a change in the tempo of pure strength training - then one of the GPP templates is probably better for you. If you're super cracked for the time, then the time crunch plan is probably ideal for you. There are currently no refunds available for downloadable products. Are you an interlude who is healthy and has plenty of time to become strong over the next three months? If so, you have the correct template. However, if this does not apply to you, you can be better served with one of the other templates. For example, if you are a post-Novice lifter who tries to lean for more than a few pounds, has some impaired recovery or training resources at the moment, has a number of tricky injuries, and/or needs a change in the pace of pure strength training - then one of the GPP templates is probably better for you. If you are an intermediate and you are super cracked for time, then the time crunch plan is probably ideal for you. Overall, this template is for maximum strength improvement in squats, bench presses, and deadlift during workouts 4 days a week with the idea that someone will either go to a meeting after the 12th week or will test their replay at the end. Designed for post-beginners who meet the following criteria: Have a significant amount of training time available, e.B. 2 hours are the norm for most workouts. Are not trying to undergo rapid weight loss Are not recovering from an injury Will focus on squat, bench, and deadlift, as this template is excellent for powerlifting hitting equipment rack, barbell, free weights, bench, preferably able to use the pins, optional: leg press update schedule, exercise selection, volume and intensity programming to recreate the strength performance based on data from v1.0 users User experience of this program uses RPE and/or percentages to communicate training intensities. It is programmed for 4 days a week, but can be changed for 3 days per week. There are additional conditioning recommendations for general physical preparation (GPP). A how-to-video playlist is too. There are currently no refunds available for downloadable products. Time.