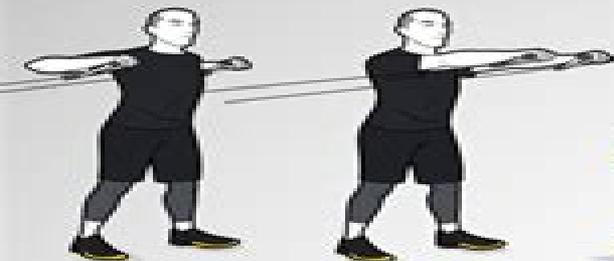


UPPER BODY WORKOUT FOR BEGINNERS

001



Cable Chest Press

15 reps • 3 sets • rest 45 secs



Push Ups

10 reps • 3 sets • rest 45 secs



Single Arm Rows

12 reps/side • 3 sets • rest 45 secs



Lat Pulldown

15 reps • 3 sets • rest 45 secs



One Arm Low Pulley Cable Rows

12 reps/side • 3 sets • rest 30 secs

Workout Instructions:

Complete the required sets of each exercise before you move on to the next one.

Upper Body

Ying Liu



Upper Body:

Brute Force Beginner's Strength System (HC) Ken Gack 'the Ripper' ,2020-11-16 Brute Force Beginner s Strength System HC By Ken Gack the Ripper Often new strength trainees don t know where to begin After years of directing future gym rats to existing training templates Ken Gack imparts his thirty years of experience to develop something better The Russians developed the periodization approach to strength training over five decades ago It has been a staple to strength training programs since that time With the explosion in popularity of powerlifting over the last decade more advanced approaches have begun to edge out periodized based approaches in popularity and performance One of the advantages of periodized approaches is the structure they bring to strength training This is particularly valuable for newer lifters This structure however can become so rigid that it dampens potential strength gains The power of contemporary strength programming is that it provides flexibility to maximize a person s strengths and strengthen their weaknesses The newer methodologies this book focuses on have taken more lifters to world powerlifting championships than any other approach This book seeks to use a basic periodized foundation and incorporate newer methodologies to give it flexibility that enhances its strength training effect *Fitness Weight Training* Thomas R. Baechle,Roger W. Earle,2005 Presented in an easy to read format with customizable training programs for six fitness levels this manual is written especially for fitness enthusiasts who want to make strength training a priority 107 photos Easy Home, Non-Equipment Workouts for Busy Individuals::: ... ,

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