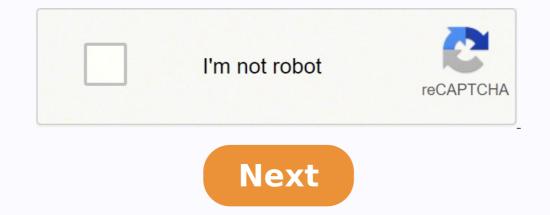
## Renaissance periodization female physique template



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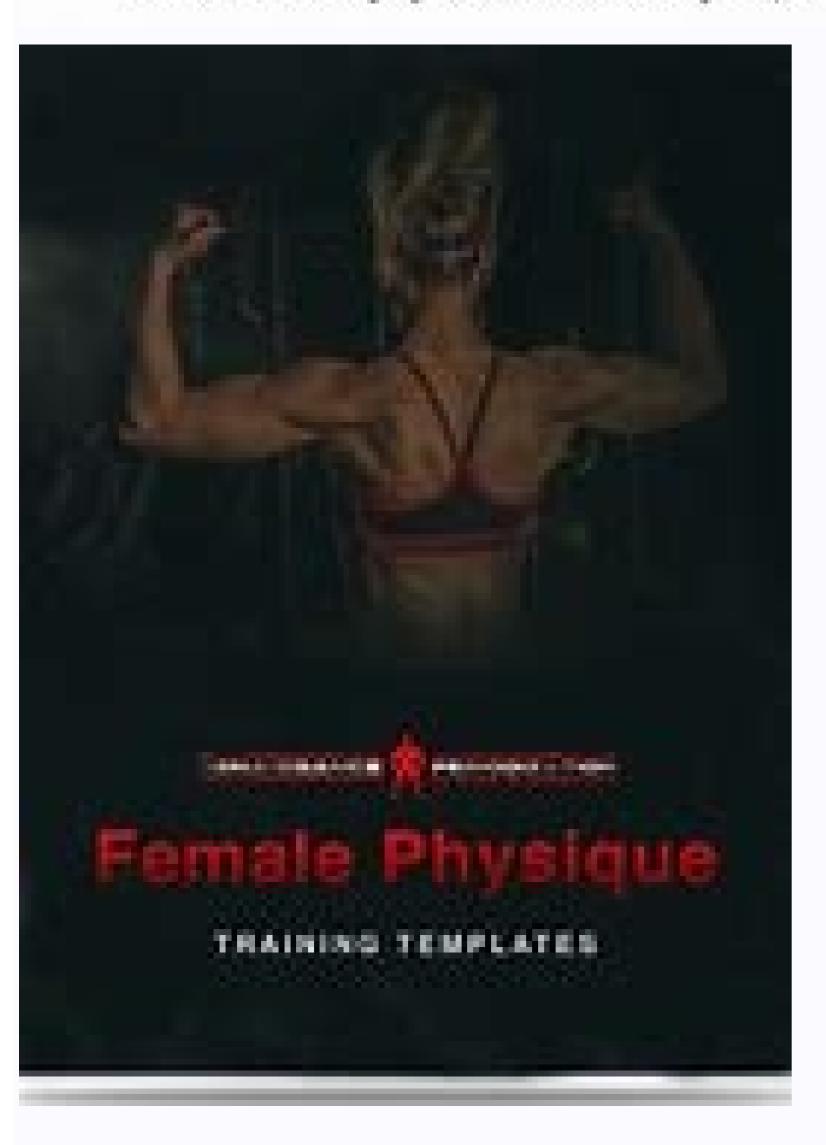
## **How to Use RP Diet Templates**

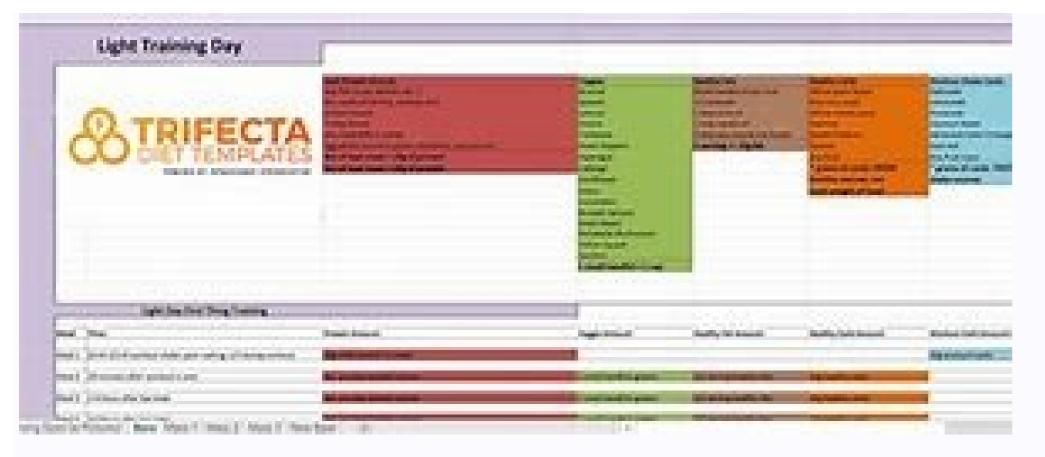
When you receive your personal shet template, it will be accompanied by some encillary materials to help you on your way. The diet doc itempes diets for each of the main classes of training volume:

- Non-Weight Training Days
- Light Days
- Moderate Days
- Hard Days

These different day types are distinguished by the different amounts of carbs listed in their "Healthy."

Carbs" solumns. The following are general recommendations for how to go about your diet.





Renaissance periodization female physique template reddit. Renaissance periodization female physique template free download.

Download A, my long experience with the Renaissance period for the first time the good news is my tits have returned! A, if you lost my first post on the blog on the Renaissance periodization click here and read with caution. Quick note for boys A ¢ a, - "unless you want to feel a passion of girl's power, skip this! A, A, enough, go forward to finish my first cut, my weight went up to 138 years old, I felt angry af ma damnazione I loved my tiny life! I started maintenance and I realized that it was time to start taking my food even more serious and making this a change of permanent life - I have Invested in a coach of the periodization of the Renaissance, Paul! Some people have questioned why I did this choice and it was simple; I can and I need help also! I knew I didn't want to be in a program  $\tilde{A} \notin \hat{A}$ ,  $\neg$  "Forever and I wanted to get to a weight / wait I loved and I felt bomb! Because my body remains at 138 forever it was not possible. My goal in my first cut was simply so fat as much fat as possible, so begins to add muscles! For the first few weeks Paul learned about my goals, as my body responded to more fat / carbohydrates and understand my workouts and how many calories I was burning on average. He got to know my fat personality and even how serious themselves to make the transition from cutting fat, maintenance, to keep my body fat low but add muscles! It's a process, let me tell you! I was in maintenance for 16 weeks and started my cut in January - to say that this cut was a mind f #% k, it would put it slightly. I started this cut at 156 and I finished 151. Now you read it and I think - went to 12 pounds after the second cut in a year And you would be correct! I went up the ladder but my body composition has never changed! It is very normal after your first cut to put back on 5-8 pounds, I put a bit more, of course, but also at 156 years, I was still suitable for my clothes! I wasn't gaining fat, my body was holding on to water because of increasing my carbohydrates and I was On the muscle. I too (Drum Roll) has recovered my tits and still had ABS! #WinningatLife I finished my cut in April. My cut went longer than expected due to hormones! (Insert the roll to the eye) if you don't get your hormones on track, they are the living proof that you can watch every macro that enters your body and you will continue to lose. There was a time when I was eating about 1000 calories a day (which I only recommend while it is supervised by a coach) and has not yet fallen with my negative caloric intake - why? Because my progesterone at night to help with sleep and anxiety, and after getting the IUD, Bam my levels were doubled and I earned 4LBS in a week, not fresh! I stopped taking the drug, my levels have returned to the normality, and my weight turned back (thanks to God for Dr. Elliott!) Now at 151, lift more, heavier and faster than I've ever had Bother I can't explain the science behind it and I don't need it that's why I pay for Paul, but it's turned on! I never felt stronger in my elevators or more satisfied with my performance. Getting the number on the scale took the same dedication as you prepare my food every week, but I did it. I really focused on how my body looked like and how I felt in elevators. Period. When I was 138, my physique was smaller and faster but I didn't teated and no ass-I am both and love as I look in your clothes. My look is completely different at 151- I feel strong and dense in my legs / arms, I have abs (actually someone told me I had a belly ABS like Jason, I'll take it!) And I never filled my jeans like never before !! So many women repair on the staircase and if they do not fall, they relate to not succeed their journey. I'm here to tell you, again, that until you can focus on positive numbers like the amount you can go back to squat, press, speed for a one-mile run, uninterrupted pushups and so on, you will constantly miss yourself. Love your body and you'll love it à £ sã € Â "Promise! Renaissance periodization Blog AB Training tips for Hypertrophy by Nick Shaw on Jan 5 2017 For: Dr. Mike Israetel Here are some useful tips for your AB training. Please note that these are averages based on my work experience with a lot of customers and my personal training. The recommendations here should be food for thought or places to start, not dogmatic scriptures to be followed by the letter. If you have already seen A ¢ â € t, see the landmarks of the training volume for muscle growth article. These are the theoretical and practical bases on which the next recommendations are formulated. And if you love this information but you want some help in the construction of your workouts by experts RP scientists, look at the super popular male Physique ( or female Physique Models. MV: For the most part, no AB training can keep the abdominals. Unless you ¢ â € are very advanced and train the ABS specified so often often, just train all your body's muscles will leave your abdominals very large for physical purposes. In fact, you can also get the size of AB but don't train them directly à ¢ â € œWe check the section on MEV! Zero set a week. Yes. You can practically do no direct work AB and still grow abdominals for a long time. This is because the heavy load of your fundamental complexes such as squats and lifting devices provides a decorous AB stimulus. But, if you want your abdominals really grow, and not a snake A ¢ ôs rhythm, you A ¢ ô more time. This is because the heavy load of your fundamental complexes such as squats and lifting devices provides a decorous AB stimulus. But, if you want your abdominals really grow, and not a snake A ¢ ôs rhythm, you A ¢ ô more time. This is because the heavy load of your fundamental complexes such as squats and lifting devices provides a decorous AB stimulus. deliberately, let226; What? s st examine in what context this would be necessary. When choosing the context in which Growth is not considered beneficial and is actually more avoided), we must remember that we are, with direct work, crewing the abdominals. That's, your right-handed abdominus muscles will really have bigger. Which means that they go out more and are more visible to any body fat, but also means that slightly expand the size of life, especially when viewed from the side. So if you want the lower abdominals, then direct training for them is a great idea. If you already have a very thin waistline, don ¢ â € x ever plane to get massive and competing in bodybuilding, but only they want your abdominals at  $\hat{\mathbb{A}}$  ¢  $\hat{\mathbb{A}}$  €  $\hat{\mathbb{A}}$  € other hand, if you have aspirations of competitions in physical sport, and especially if you226; ô × ½; ôf¿, † † † are females and compete in the figure, then direct training ab could Even be a negative net to, as you keep your life small must be a high priority for you. So before you start training your abdominals, consider your goals and then take an educated decision. MAV: Most people respond better between 16 and 20 weekly sectations on average. But this is the point of order: 128; s, of course, once the year â € ~226; à ‰ ~ TM have built up to those levels with continuous training. There may be years to really need this volume to grow the best. If youà ¢ â € I'm just at the beginning of the formation of ab, like few as 4 sets headed per week can Each Meso, with a top out of about ten sets at the end of the collection, and then work on every minute after. MRV: Most people seem to meet serious recovery problems over 25 sets per week. But some people can work out very excess and still feel good. Abdominals often develop great great to strain with long-term exposure to training. One way AB MRV becomes apparent is indirect. The painful and weak ABS of too much training can reduce your stability and thus strength on other compound moves such as squats and dead, leading to a reduction in MRV at the system level even if the ABS themselves are still growing. Exercises: crunch machine (sit-up slant board (reaching sit-up (V-up (ED MODES Candlestick (Knee stance Increase (Hook up straight legs Increase per week in time and recover no problems. For beginners and individuals who are very large and strong, perhaps only 3 AB sessions per week are appropriate. Intensity (loading): ABS grow from the same stimulus as any muscle. They need a lot of training in the range of 8-20 reps. Less than 8 repetitions with ABS tends to cause a severe breakup of the technique rather quickly, and can also expose one to a risk of unnecessary back injury, so heavier weight and the formation of the lower rep is probably avoided. Variation: There are some AB exercises, and you only have to do two of them for any mesocycle, so only rotating exercises in and out every two to two mesos will do the trick for the AB variation. And as with other muscle groups, also varying repetitions between training sessions within the microcycle also work very well and can be done in addition to the rotation of the exercise on the Meso. For example, In consideration the following 3-way AB Split for a phase of basic hypertrophy: Monday: Machine Crunch Set of 8 Wednesday: Machine Crunch Set of 12 Friday: Achievement of Situps Set of 8 in a phase of subsequent metabolitis, we can Use an intra- microCycle. Mic a weight reduction of 10lbs on the stack after each set of Motion: People LOOOVE to limit the range of motorcycles. Why? Because it allows them to avoid embarrassing themselves with how weak their abs are. How many leaning board seats can you get? Well, if I tell you it only matters if you lie down all the way and relax at the beginning of each representative and get all the way so your torso has passed perpendicular to the ground, your response may change from what you originally would have given. Stretch under load promotes growth, so really expand and contract your abs completely for the best results. Special Metabolite Techniques: Two techniques for generating metabolites work well for the abdominals (certainly there are others that work well too, but here weâÂÂ; 1.) Drop set Best done on a machine, just a little shy of failure. As soon as you put that set down, lower the weight for any 10lb stack gain, take a couple of breaths and hit it again. Making 4-8 of these drops will actually be the trick. 2.) Supersets These are best done by combining a very dif cult ab exercise with an easier one. And isometric moves can also be used here. For example, you can make a set of V-ups. Another to try is the position reached coupled with the axis. Once you're finished with your set of situ, turn it as fast as you can and start plancth226;ÔÂ; you226;ÂÂÂÂ will soon realize that this really hits your metabolites hard. Periodization: Just like Most parts of the body, the first mesocycle should be moderate weights and representatives. The next cycle can be more of the same with perhaps slightly different range of representatives and exercises, or it can a higher volume block that incorporates lighter weights (closer to the 60%1RM brand) and more metabolite formation. After this meso, a shorter mesocycle (3-4 weeks) of endurance training (70-85%1RM) with lower volumes is probably a good idea to resensitize the muscles for more growth, at which point you repeat the process. P\$160; Since abs should really be SUPER heavy-duty, your strength block can incorporate more sets of 8 (and maybe as low as you're reps on occasion) and stay away from sets of 10 or more during that period. Sample Programming: 160; Special notes: If you have lower back problems, be very careful to extra wear and tear on the spinal ligaments? 1. admin (Says: January 5, 2017 at 7:59 pm -457 822) Check out Dr. Mike A¢Â FB personal page for questions, thank you! John says three. August 22, 2017 and pm great stuff, Mike! It is possible to do direct education to obliques in the same way in which the abstras rectal for hypertrophy? Answer Leave an answer Your email address will not be published. The mandatory fields are marked \* comment name \* email \* \*

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