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Renaissance periodization hypertrophy pdf file format

NRoLife

Phase 1 Workout A

Strength

- Single leg deadlift (1 set, 10 each side)
- Push-ups (1 set, 10 each side)
- Plank (1 set, 10 min)
- Single leg stance (1 set, 10 each side)
- Plank (1 set, 10 min)

Core

- Stability (1 set, 10 each side) Set 1 Set 2
- Dynamic Stability (1 set, 10 each side) Set 1 Set 2

Power

- Lower Body (1 set, 10 each side) Set 1 Set 2

Metabolic (comes from your level)

level 1	level 2/3	level 4/5	level 5+	10 min
bodyweight squat	burpees	burpees	burpees	
step-up	kettlebell swing	farmer's walk	jump rope	
shadow boxing	box jump	sprints	stair runs	
	reps/push-up combos		heavy bag	

Recovery

- Back roll
- Ham roll
- Quad roll
- Calf roll
- B-band roll
- Figure-four stretch

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Phase 1 Workout B

Strength

- Hinge (1 set, 10 each side)
- Push-ups (1 set, 10 each side)
- Lunge (1 set, 10 each side)
- Plank (1 set, 10 min)

Core

- Stability (1 set, 10 each side) Set 1 Set 2
- Dynamic Stability (1 set, 10 each side) Set 1 Set 2

Metabolic (comes from your level)

level 1	level 2/3	level 4/5	level 5+	10 min
bodyweight squat	burpees	burpees	burpees	
step-up	kettlebell swing	farmer's walk	jump rope	
shadow boxing	box jump	sprints	stair runs	
	reps/push-up combos		heavy bag	



Table 7: Changes in strength measures pre- to post-training in HSP and HPS

(N=18)

Variables	HSP		HPS	
	Pre-Training	Post-Training	Pre-Training	Post-Training
1RM Squat (kg.)	162.03 ± 18.67	174.89 ± 18.18*	173.12 ± 20.76	191.27 ± 25.26*
1RM Bench Press (kg.)	130.28 ± 20.07	133.81 ± 21.58	133.31 ± 17.08	144.14 ± 20.19**
1RM Deadlift (kg.)	195.80 ± 27.54	216.97 ± 26.68*	199.83 ± 27.53	221.00 ± 27.21*
Powerlifting Total (kg.)	485.19 ± 62.00	517.60 ± 60.80*	506.51 ± 58.96	550.36 ± 66.67*
Wilk's Formula	328.08 ± 23.45	350.27 ± 21.37*	342.74 ± 38.11	372.38 ± 41.66*

Values are in means ± standard deviation.

*p<0.05, significantly different from pre-training

#p<0.05, significantly greater than HSP



Renaissance periodisation volume. Renaissance periodisation hypertrophy template. Renaissance periodisation pdf. Renaissance periodisation hypertrophy. Renaissance periodisation volume landmarks.

No = 0 points many tensions and fatigue = 1 point muscles felt stressed and exhausted near their limit = 2 points the workout session made you suffer? how to find its maximum adaptive volume finding mav is done by adding sets continuously until the pain becomes excessive and the performance begins to degrade. if its strength in a core exercise for a muscle group did not improve, the volume was its mev. dr. mike israel training volume brands hypertrophy routine | LiftVault, with in the article of dr. israel, he discussed the following training volume topics: maintenance volume (mv) the maintenance volume is the number of sets needed to keep your current muscle size, the dr. mike israel published a very popular article titled training volume landmarks for renaissance periodization as you bank twice a week, have workouts 1a and 1b. test your performance in basic exercises for each muscle group at the end of the mesocycle. if during week 1 training you made 4 sets of 12 reps of bicep curls with 15 lb dumbbells and felt that you had 2 reps in booking at the end of your 4th set and then you repeated this weight*rep set scheme at the end of a mesocycle and felt as you had 5 reps in booking after the final set of curls - congratulations, you increased performance. for the latest thinking of mike israel, read the articles linked in this post. be conservative - long ago to add weight and remember that this is a hypertrophy program. similarly, if the last set during week 1 was rpe 8 and that same weight scheme*rep*set was a rpe 6 in the test week after a mesocycle, the performance was increased. Adaptive maximum volume (mav) the adaptive maximum volume is the volume range where the most muscle growth occurs. the hypertrophy worksheet is not affiliated with mike. Mike VM ues. 5 anames an daoleD mu iulcni e sanames 4 ed olcicosen mu arud euq said 6 ed aforereph ed soicAcree ed anitor amu ©AtsE .argentnA an letarsi ekim ed ogira o niel, adnia rohlem uo - sele aiel ,roval roP eroheom ohnepmesed o euq ©Ata anames rop sotnijoc 2 ranocida etnet. asac ed 3 set 3 iam erespse anames rop x4-3 ralucum opurg mu odniantert. Atse ©Acov e .avreser me sepa\$@iteper uo EPR odnasa sodidem res medop ethatneserper od a\$@rof a uo ohnepmesed O .o@AsAvresbo e o@AsAtnemirepxe ed s@Avarta sadidnerpa res medop sale .erohem ohnepmesed o euq ©Ata anames rop sotnijoc 2 ranocida etnet. asac ed 3 set 3 iam erespse anames rop x4-3 ralucum opurg mu odniantert. 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