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resistance/load on the muscles. 3. Micro-damage in the muscles, which encourages the body to enlarge and strengthen the muscle tissues 4. Improper form during execution of exercises 5. Insufficient or no warm-up exercises.

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1 Blueprint

The First Set of Myths 1. “ If You Stop
Exercising, Your Muscles Will Melt and
Transform Into Flab ” – First of all, muscle
tissue and fat tissue are two completely

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different things. Fat and muscle have a special relationship as fat can supply the body with energy for building muscle.

Breaking Down Muscle-Building Myths,
Part 1 – Rock Hard ...

Olympia-Level Training 5-6 workouts per
week / 60-90 min. workouts. FST-7 is Fascia

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Stretch Training, a discipline designed specifically to build a stage-ready physique that dominates the competition—through brutally hard burnout sessions. The program is divided into two parts. Phase 1 will make you big. Phase 2 will make you ripped.

FST-7 Big and Ripped: 8 Weeks to an

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Olympia-Winning ...

1. Higher Intensity Plus Low Reps vs. Low-Medium Intensity With High Reps – Many people think that HIIT or high intensity interval training is a “ new thing ” that is set to destroy classical fitness. It ’ s actually one of the oldest methods around and professional bodybuilders such as Dorian

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Yates can attest to its age.

Powering Through Sets, Part 1: The Basics

– Rock Hard Body ...

Hard body Final workout round 3

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Part 1 | Part 2 | Part 3 | Part 4 | Part 5. The
last time you heard from me I had taken the
FST-7 program designed by Hany Rambod

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and tried it for myself. I did a chest workout that was probably one of the best I had ever done. Not just by FST-7, but in the entire ten years I had been training.. Well, I have decided that I am going to do FST-7 as my regular training program.

Taking FST-7 Training Program For A Test

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Drive - Part 2 ...

fst-7 hard body blueprint, level 1 > created by hany rambod FST-7 WARNING* FST-7 is not meant to be taken lightly and is a serious training program. Many of the world ' s best physique and bodybuilding ath- letes utilize this program because of the rapid results it provides.

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The starting point for this development were the ballistic-only offerings of that time using NIJ Level 2A, 2, and 3A or HOSDB HG 1 and 2, with compliant ballistic vest products being manufactured with areal densities of between 5.5 and 6 kg/m² (1.1 and 1.2 lb/ft²)

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or 18 and 20 oz/ft 2). However police forces were evaluating their "street threats" and requiring vests with both knife and ...

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