

MIKE RASHID WORKOUT ROUTINE

6 DAY WORKOUT

DR WORKOUT

MONDAY- CHEST

- Barbell Bench Press 4 x (6-10)
- Incline Bench Machine 4 x (8-12)
- Incline Dumbbell Press 4 x (8-12)
- Bodyweight Pushup 5 x AMRAP

TUESDAY- BACK

- Weighted Pull-Ups with Chains 4 x (8-10)
- Seated Cable Rows with Ropes 4 x (8-12)
- Plate loaded incline T-Bar Rows 4 x (8-12)
- Seated Close-Grip Pulldowns 4 x (10-12)

WEDNESDAY- SHOULDERS

- Double Rep Barbell Clean 4 x 5
- Barbell Upright Rows 4 x (8-10)
- Dumbbell Lateral Raises 4 x 12
- Bent-Over Reverse Flyes supersetted with Dumbbell Shrugs 3 x 15 - 3 x 20
- Single-Arm Dumbbell Press 3 x AMRAP

THURSDAY- LEGS

- Barbell Squat 5 x (6-12)
- Single-Leg Press 4 x (10-12)
- Hack Squats 4 x (8-10)
- Dumbbell stiff-legged deadlifts 4 x 12
- Seated Leg Extensions 3 x AMRAP

FRIDAY- ARMS

- Standing Alternate Dumbbell Curls supersetted with Cable Tricep Extensions 4 x (10-12)
- Seated Hanging Dumbbell Bicep Curls supersetted with Reverse Grip Single Arm Cable Extension 4 x (10-12)
- Standing Cable Bicep Curls 4 x (10-12)
- Overhead Cable Tricep Extensions 4 x (10-12)

SATURDAY- CARDIO

SUNDAY - REST

DR WORKOUT

Mike Rashid Workout Manual

Stuart Jones

Mike Rashid Workout Manual:

Books in Print, 1993-09 V 1 Authors A D v 2 Authors E K v 3 Authors L R v 4 S Z v 5 Titles A D v 6 Titles E K v 7 Titles L Q v 8 Titles R Z v 9 Out of print out of stock indefinitely v 10 Publishers **Workout Manual** Nick Hutchings, 2022 **Dr. Jordan Metzl's Workout Prescription** Jordan Metzl, 2016-12-13 Dr Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book Dr Jordan Metzl explains the science of the compressed high intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime anywhere using minimal equipment. This book also guides you through topics like motivation, goals and the importance of proper recovery. Dr Metzl's high intensity workout combined with a scientifically designed and periodized training schedule delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

Royal Marines Fitness

Manual Various, 2015-05-15 The physical training that all Royal Marines recruits undergo is challenging and demanding yet also structured and achievable. Here for the first time is an official manual to show you in detail how they succeed and how you can mirror all relevant aspects in your own fitness training. Packed with facts and step by step instruction accompanied by hundreds of colour photographs, Royal Marines Fitness contains a wealth of guidance for anyone wanting to achieve a higher level of fitness whether it's preparing for a marathon, losing weight or putting on muscle mass. This manual provides you with all the tools and information you need to put together a training programme specific to your own targets and to adapt it as you surpass your expectations.

The Mike Mentzer Method

Fitness Research Publishing, 2023-12-06 The Mike Mentzer Method offers an in depth exploration of the revolutionary High Intensity Training (HIT) approach pioneered by the legendary bodybuilder Mike Mentzer. This book meticulously outlines the core principles of HIT, contrasting them with traditional training methods to highlight their effectiveness in muscle growth and strength gains. It delves into the specifics of Mentzer's training regimen, including training to failure, the importance of recovery, and the psychological aspects of bodybuilding. The book is not just a training guide but a comprehensive look at Mentzer's philosophy, offering practical advice and inspiration for bodybuilders and fitness enthusiasts seeking efficient and results driven workouts. This Guide Includes: Introduction to Mike Mentzer, Explores his background and the development of his training philosophy, HIT vs Traditional Training, A detailed comparison of Mentzer's High Intensity Training with conventional bodybuilding methods, Principles of HIT, Breaks down the key components of High Intensity Training, Training to Failure, Discusses the technique and importance of pushing muscles to their limits, Recovery and Growth, Emphasizes the role of rest in muscle development, Mentzer's Nutritional Approach, Details his dietary recommendations for bodybuilders, Mindset and Philosophy, Explores Mentzer's philosophical approach to bodybuilding and life, Implementing the Mentzer Method, Practical guidance on applying his methods to your routine.

The Dreadnaught Manual

Michael Phillips, 2020-08-14 The ultimate minimalist workout at half

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Enjoying the Melody of Appearance: An Mental Symphony within **Mike Rashid Workout Manual**

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web definition 1 49 chléb click the card to flip flashcards learn test match created by michal ott2 terms in this set 49 bread chléb butter máslo cake dort cereal cereálie cheese sýr coffee káva cow kráva cupboard příborník do you like máš rád máte rádi i m hungry mám hlad do you like cheese máš rád sýr

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web happy house 2 unit 3 1 complete the words with the missing letters f h ch e ghurt br ri p a 2 choose the correct option 3 look and the picture and tick the correct sentence i like cheese i don t like cheese i like fish i don t like fish