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Bodyweight dips (or push ups if you can't do dips)

PROGRESSION MODEL WEEK 1 WEEK 2 WEEK 3 WEEK 4

BASE STRESS SHOCK PEAK E1, E2, F1 3 x 8 4 x 8 5 x 10 3 x 12

F2 3 x max 4 x max 5 x max 3 x max . DAY 2 SQUAT PATTERN

PART 1 – HIGH FREQUENCY STRENGTH Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise ...

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Benefits of the Reverse Hyper. Provides decompression of the spine that can't easily be duplicated by other equipment. Strengthens the posterior chain and lower back. Can be used as a rehabilitation tool for those with low-back issues. Helps with flexibility and aids in dynamic range of motion. Helps keep athletes progressing and healthy without additional external loading of the spine. Helps ...

Tip: Master the Reverse Hyper | T Nation

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I've been searching for an alternative to a reverse hyper machine since my "health club" doesn't have one. The exerball alternative doesn't give you the complete impact of a reverse hyper because of the compression of the ball. So this morning I came up with the idea of picking up a flat bench and laying it across dip bars. Its stable, you have full range of motion and there's no give in it ...

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Reverse Hyper alternative - Forums - T Nation

On 1 March 2008, it was reported that documents obtained by The Sunday Times showed that the Munich company Giesecke & Devrient (G&D) was receiving more than €500,000 (£381,562) a week for delivering bank notes equivalent to Z\$170 trillion a week. By late 2008, inflation had risen so high that automated teller machines for one major bank gave a "data overflow error" and stopped customers ...

Hyperinflation in Zimbabwe - Wikipedia

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