

Jcb 531 Parts Manual

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jun 7 2020 so i pussied out on the topset squat was fine up to the first topset that felt heavy and the money set was just not there bailed at 5 reps then dropped to 80 kg did 8 reps thought f ck it i ll

oct 19 2019 i ve been doing almost only the big 4 6 if you count pull ups and rows too combined with their variations for the past 1½ year i ve been doing mostly reps between 3 10 reps for several

may 31 2018 today's training the danish vikings darkhorse trial week w1d3 bench variation warmup airdyne stretches bpa dynamic warmup 2 rounds of bearcrawl gator walk burpee broad

dec 5 2018 i know all about the muscle fiber types and how they work for performance i'm a firm believer that people find the things at which they excel it can't be forced it's very simple we try

nov 15 2018 that's the same with the lagers around here but is not something you have to wait for whenever you decide to buy a pack of buds or whatever go through the good beers find one that

nov 12 2018 i own all of his books except the 531 for powerlifting one read all of them multiple times love his style of programming and how flexible the assistance is allowing me to work more feminine

may 4 2018 any legitimate 531 program has been tested and will work this one looks like it's written by someone who's been lifting for about 4-6 months is still in high school and has heard of 531 but

185 235 185 135 notes 4 big lifts training max 2 2 2019 deadlift 385 push press 180 front squats 255 bench 220 i chose these four because i feel they'll have the best carryover while staying as true

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oct 11 2019 going great haven't missed a workout but have been deloading more often than nutty recommends due to nagging pain recovery issues have also been skipping the hard conditioning for

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