



BULKING / CUTTING



Beginners Guide To Cutting Bodybuilding

Michael Hoelscher



Beginners Guide To Cutting Bodybuilding:

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Photos of major exercises to give you a clear visual of how to perform movements correctly Explanation of programming progressing frequency volume and the most asked questions such as what do I do next Easy to read and navigate and straight to the point without any fluff Chapter preview What is this manual all about and who is it for How do I use this manual

Section 1 An Introduction to Training What is a rep What is a set What is a warm up set How do I warm up What is a work set How should I breathe during a set What is muscle failure What is the best rep range to use How much weight should I use What is a pyramid of sets How do I progress How much rest between sets What is the difference between compound and isolation exercises What are supersets and other techniques listed What about frequency volume intensity duration and other factors related to my goals What about soreness What about cardio I have more questions

Section 2 Body Part Training The Chest The Back The Shoulders The Triceps The Biceps The Forearms The Quadriceps The Hamstrings The Calves The Abdominals

Section 3 Goals and Training Programs What about goals How do I set up my own training program How much frequency How much volume How much training time What about program duration What about active scheduled rest What about cycling programs Training programs Body part specialization routines

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