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Smolov jr squat program pdf free printable template word

Daystpreps 166 275 384 4103 While the Set & RE scheme for each training day remains the same throughout the program of three weeks, the intensity will change. At the contrion of the complete Smolov program, Smolov Jr can be executed twice in a row if a week of rest is taken between the cycles. Accessory work is usually recommended to avoid accession work doing a Smolov cycle. General Vision of the Smolov Jr. Program It is a 4 -day program that extends for a 3 -week period. WeekdaySetsrepsperCentages 314970% 32575% 337580% 414970% + 20 pounds 42575% + 20 pounds 437575% + 20 pounds 4410 385% + 20 pounds 514970% + 30 pounds 525775% + 30 pounds 537580% + 30 pounds 5% 6311BUILD TO 1RM 6411BUILD TO 1RM SMOLOV SMOLOLOV SMOLOVING Cycle The Smolov Switching Cycle consists of Negatives of Heavy Squat, Power Cleaning and Cash Squats. Instead, the predator cube focuses mainly on the bench press and bench accessions, allowing it to be "connected" ... Smolov Jr. It is a popular variant of the original Smolov squat cycle. Make sure the recovery is priorit. Lifters are reporting increases of 20 to 35 LB for larger elevators, such as squats and land surveys, and about 15 to 30 lb in the bench press in the weeks. For example, if you are performing this routine to the bench press, you should squat next to this program normally. Seeing the intense and overwhelming what training cycles are overwhelming, you will understand why. Oh yes. Doing the elevator four days a week should be enough work in all surrounding moms. For muscle groups that do not affect the elevator in which you are concentrating this cycle, only proceed normally. If the elevators are super faint, add 10 pounds in week 1 and another 10 for week 2. Smolov Jr. Clip Smolov Jr. It is an abbreviated version of the Protocol of from Smolov. Fortunately, Hal Higdon has done a job in establishing adequate programs for novice, intermediate and advanced corridors. A novice lifter will make a better long term progress with a routine for more appropriate beginners. proper. the full explanation of the programs, please read..... Round the weight values to the 5 to clear the worksheet. 1RM enhancements are saved for the date day. 3 these rest days, you will not test your final 1RM in the squat. Every week, the same repetition scheme is repeated. For many of you, this four-day-a-week regimen will include some of the most difficult sets that you have ever . . . tried. Frankly, you couldn't live your entire life without ever performing them, but they have maintained a persistent level of infidelity since their popularization at the start of the 2000 A. The fifth week has only one training session that increases to 4 sets of 4 representatives to 85% before 3 full days of rest. Do not© not ©m to group two Smolov Jr. cycles (with a rest of a week between them) and see an increase of 30 to 60 pounds in their squat. If you don't have a basic level 3 experience, Smolov Jr. There is a 3 way to experience more volume and frequency. Week Day 1Day 2Day 3Day 4 170%75%80%85% 270% + 5-10 lbs75% + 5-10 lbs80% + 5-10 lbs85% + 5-10 lbs370% + 10-20 lbs75% + 10-20 lbs85% + 10-20 lbs Smolbs Spreadsheet Jr + Smolov Jr Mesocycle Calculator Gene Bell Jr.'s 12-Week Crouching Peak Program Used by Gene Bell Jr. to prepare for a weightlifting encounter, this program consists of a weekly crouching workout over 12 weeks to increase the Maximum of 1 rep by more than 6%. They are specifically designed for peaks and are not designed to run multiple times. If you do not decide to mix in a small 3 work, etnemadnuforp etnemadnuforp amrud e etnatsab amoc .laturb otnemaniert ed soipAcnirp me etnasseretni rahlo mu etnematrecofAs samargorp setse .rahnaG araP gntifilrewoP rop meb odalucitra omoc .lareg ašArof ed ohlabart o arap odadnemocer ofAn arobmE !etehlib o res edop etse ofAtne .)ortsiger ed avitatnet amu .olpmexe rop(otsuc reuqlauq a serodavele sesse riurtsnoc a otsopsid jAtseA AAcov eS .ocnab me etnes es otnaugne adatsafa rod a retnam a raduja medop olevotoc ed sagnam sA .everb A .odahcaga MRI1 ues od %59 e %08 ertne eled otium ,emulov ed avitacifingis edaditnaug amu me metsisnoc sanames ortauq sariermip sA .arobme ohnimac ognol mu ol-iAvel iav ocnab ed asnerpmi uo / e sotnemahcaga so moc etnemavisulcxe raxiF .atla oEAt aicnAAugerf amu a odamutsoca jAtse oEAn Acov es etnemalacepe .odasep otium ecemoc oEAn saciD .rj volomS .anames adac a odnatnemua osep o moc .anames rop said 4 odnaniert jAratse Acov sanames 3 sa sadoT uocilpxE .rj volomS .avitejbus @A anames adac a adanocida osep ed edaditnaug A .otnemaniert ed said sessed mu adac arap per & tes ed ameucse o jAtse iuqA rj volomS rigririd aireved Acov volomS ed esab olicic od otnemaniert ed sejAsses said amu adac arap sodasu snegatnecrop e setnateserper .sotnujnoc so oEAtse iuqA volomS ed esab olicic %50@ 5 AI %58@ 3 AI %A A A A A A A A A A A A AcA auQ %607 a sper 6 .sotnujnoc 6 AAcA ges :1 anames ad olpmexE .iuqa otnemaglij mu rezaf e etnes es opruc ues omoc amrof a rasu edop Acov .anames a anames ed osep ed sotnemercni so moc sanepa .etnemavon Adarugifnoc jAtse s'namraW ttocS o .odašAAna ocip ed samargorp sotium omoc .IUQA euqic .serodavele sues me adazilanosrep ahlinalp a ratide araP liav Acov omoc stes / said so euqsibar e .aimedaca a arap atenac amu agarT .anames ariemip ad otarter mu A A .etnemetnecer odatsset omix;Am rolav o moc odroca ed sodauqeda sosep so raluclac arap riuges a ahlinalp a esU .selen mob otium racif edop Acov euq @A anames rop said 4 ocnab uo otnemahcaga erbos asioc ednarg A sodatluseR .sodnedivid sednarg rizudorp iav ele e volomS ed olicic ues od ognol oa acinc@At an rartnecnoc es arap rohlem ues o ašAaF .ovitisopsid ues o arap raxiab uo rimirpmi .razilanosrep edop Acov edno knil mu e .atelpmoc anitor a @A oxiaBa atelpmoc anitoR .rj volomS .etion y .Antine Leah with her .. 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Smolov Intensity Mesocycle (Weeks 1-5), not shown: 1RM TEST DAY SMOLOV SPLANCHEET + CALLUCULATIONASMOLOV Microcycle + Smolov Jr Spreadsheet Mesocycle Program for Squat and Bench Press Smolov Jr A shorter version of the complete Smolov program, with duration of only 3 weeks. Set NumberSetSrepsPercentage 13865% 21370% 32273% 41180% The third crouching session of the week will look like this. This page will detail the Smolov Jr. protocol, for more information p Smolov's full 13-week protocol, follow here. Here's what you can't expect during each week of training for Smolov Jr. every week Smolov Jr has 4 days of training. Smolov squat program The Smolov program consists of four micro cycles: weeks 1-2 (introductory cycle) Weeks 3-6 (base cycle) Weeks 7-8 (switching cycle) Weeks 9-13 (intensity cycle) Smolov Introduction cycle here you will crouch 3 days a week, back If you haven't failed or are hammered by the pain you haven't been through all week, you'd better leave the same week's weights the following week. Set NumberSetSrepsPercentage 14570% 21375% 32280% 41190% The second week will also consist of having crouching p, but has significantly fewer working sets per session. Just connect your Highs and leave the Calculations. The difference is that Smolov Jr. can be used in a variety of different elevators and has only three weeks of duration. Working with 90% of Scott Warman, 10 weeks of supine, the 10-week benchtop peak program of the Warman Program is a little different from the bench peak programs as it focuses on improving the 2RM by 10 pounds. Progress and results like Smolov, the results vary drastically between lifters. Here's how the intensity will change over the three weeks for each day of training. It will be a difficult job, with but I can pay generously in the end. included as a recovery week before the final mesocycle, where the peak occurs. This high-volume, high-frequency routine will make you lift four days per week with the option of spreading it for three days a week. week.

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