



Knees, elbows, or shoulders acting up? Don't stop lifting. Just do one of these joint-friendly workouts. Build your biceps, forearms, and grip strength with this fun challenge. And by fun we mean excruciating. Stop calling it an accessory exercise. This should be a staple for any goal: size, strength, athleticism, or structural balance. From squats to Olympic lifts, this "forgotten" type of training has helped shatter PRs and even world records. Check it out. High-rep Olympic lifting is rising in popularity largely do to CrossFit. But is it a smart way to train? Here's how to fix your posterior delt issue with a barbell. Want to recruit as many chest fibers as possible? Yes, you do. Add this to the end of your next chest workout. Want strength? Want size? Here's a smart plan that uses phase potentiation to help you with both goals. Does doing cardio after a lifting workout really rob your gains? Here's what science has to say. Jim Wendler's 5/3/1/ program promises slow and steady gains that will eventually turn you into the strongest guy in the gym. And it delivers, every time. Really nail those suckers with this unique cable exercise. A performance-based program that'll build your legs, traps, neck, shoulders, and forearms. Yes, you'll look awesome too. After testing 45 different back and biceps exercises with EMG, here are the ones that came out on top. You hear these silly things every day, even from coaches and trainers. Here's where they're getting it wrong. Got some dumbbells? Then you'll never miss a workout. Do this full-body plan every other day. If you're running low on any of these things, you could be wrecking your health, gaining fat easier, and even limiting muscle gains. Check the list. This exercise may not be doing much for your shoulders. Here's what will. Heavy kettlebell swings could be the best damn posterior chain exercise you're not doing, possibly even better than deadlifts! Here's why. The absolute best exercises for your back. Are you using them? Check out this list. A ground-breaking new study tells us exactly what we've always wanted to hear about fat loss diets. Bodybuilding is full of programs used by "enhanced" lifters, but most people don't take drugs and can't get good results. This effective program is for them. Everything most young coaches tell you about over-40 training is wrong. Here's why and what to do instead. Got a puny chest? Bench pressing more weight won't be what builds it. If your pecs have stopped growing, here's what to do. A program to increase shoulder strength, endurance, and mobility that can be done anywhere in 15 minutes. Check it out. If you've spent most of your lifting career doing 3 sets of 10 reps, do the opposite and you'll see astounding new gains. Here's why and how to program it. Vince Gironda's 8x8 workout routine is an advanced bodybuilding programs that have become the stuff of legend. The related 6x6 workout routine is an intermediate version of the same program. I will be sharing spreadsheets for a few different variations of Vince Gironda's workout routines, along with links where you can do some of the most popular routines popularized by Vince Gironda are his 8x8 and 6x6 routines. They also generate a lot of confusion as to how exactly to follow them. In all likelihood, Vince Gironda recommended different routines to different individuals based on their individuals based on their individual powerlifter, circulated around the Internet and created some confusion around his programming methods. So Who is Right About Vince Gironda's Routines? I think the most legitimate seeming interpretations of these routines can be found via Iron Guru, a site dedicated to Vince Gironda's teachings, and Critical Bench, who published an article from Alan Palmieri, who knew Vince. Both of them agree that Vince generally did not intend for every exercise to use an 8x8 rep scheme, but instead desired for each muscle group to performing two exercises with a 4x8 scheme. 4 sets of exercise 1 + 4 sets of exercise 2 = 8 sets, all hitting the same muscle group. Alternatively, a single movement could be performed for 8x8, but no other exercises targeting that muscle group would be performed. Only very advanced bodybuilders should be attempting more than 8 sets for a muscle group in a single session. Iron Guru also states that Vince did not recommend that everyone follow the 8x8 scheme. Iron Guru recommends beginners and intermediates using a 6x6 rep scheme to start and that would provide plenty of volume for growth. General Tips for Vince Gironda's 8x8 and 6x6 Routines Vince Provided lots of specific advice for following his routines. Again, I recommend checking out Iron Guru and Critical Bench for thorough descriptions of how he wants you to perform the movements (especially the Critical Bench article), but the most important general advice can be captured in a few points: Rest should be minimal between sets. Like 15 seconds. Due to the minimal rest, you'll very likely need to reduce weight significantly. The routine should be performed for as long as it is deemed effective. Spreadsheets: Vince Gironda Workout Routines In the spirit of Vince's programs being interpreted many different spreadsheet variations. "Classic" Advanced 6 Day 8x8 Workout Routine Spreadsheet This is based on my interpretation of the articles from Critical Bench and Iron Guru. 8 sets per muscle group are performed, split between two different exercise movements that are performed as a superset (marked "SS"). For example, on Monday's the bench press to the neck is performed for one set of 8 reps, then one set of V bar dips is immediately performed for 8 reps, then rest. This represents 2 out of 8 sets, or 4 sets per exercise movement. Vince Gironda 8x8 Workout Example Exercise MovementSetsReps Bench Press to Neck (SS1)48 V Bar Dips48 Chin Ups to Sternum (SS2)48 Lateral Raises (SS3)48 Dumbbell Swings (SS3)48 Above is an example of an 8x8 chest, back, and shoulders workout. Again, the two exercises which are to be performed as a superset have a matching "SS" – i.e. both "SS1" exercises are one superset to be done after 4 sets of bench press to neck and 4 sets of V bar dips have been finished. (6 Day - Advanced) Vince Gironda 8x8 Split Workout Routine Spreadsheet | LiftVault.com "Classic" Intermediate 6 Day 6x6 Workout Routine Spreadsheet This is the same methodology as the 8x8 routine, but using the 6x6 rep scheme. This is the recommended starting point for individuals that are not used to this style of training. Here's an example of a 6x6 chest, back, and shoulders workout: Exercise MovementSetsReps Bench Press to Neck (SS1)38 V Bar Dips38 Chin Ups to Sternum (SS2)38 Wide Grip Pulldowns (SS3)38 (6 Day - Intermediate) Vince Gironda 6x6 Split Workout Routine Spreadsheet | LiftVault.com "Intense" Advanced 4 Day 8x8 Workout Routine Spreadsheet This is following the training split and exercise selection laid out in Old School Trainer. This differs significantly than the other methods by programming 8x8 for each movement. If you ask me, this is pretty bananas. To make things slightly less insane, I used a bold/unbolded/bold/unbolded style on the exercise movements to identify which exercises belong the the same muscle group. For example, on Day 1 the decline low cable crossover, bench press to neck, incline dumbbell press, and wide grip V bar dips are all bolded to show they belong to the next. muscle group: biceps. Finally, the zottman curl and barbell wrist curl are bolded to indiciate they are both forearm exercises per group to perform per session instead of everything. (4 Day - Advanced) Vince Gironda 8x8 Workout Routine Spreadsheet | LiftVault.com Video: Vince Gironda 8x8 Upper Body Workout by Jailhouse Strong Here's a pretty interesting video by Josh Bryant on his experience with Gironda's 8x8 workout. Vince Gironda, 8 x8 Condensed Version 5 Blaine Sumner Program Spreadsheets This is the free program spreadsheet collection offered on Blaine Sumner's site. It contains: linear progression program high frequency program off-season program equipped lifting program bench-only program All of the above programs are 12 weeks in length and are programmed off of percentages of the... Simeon Panda Workout Program SpreadsheetSimeon Panda's 5 day workout routine is a high volume bodybuilding program built around a relatively small number of exercises per training session. Instead of significant variety within the exercise movements, Simeon Panda's... Kai Greene Workout Routine SpreadsheetKai Greene's workout routine is a 5 day intermediate to advanced level bodybuilding program. It is a body part split that targets a different muscle group each day: chest & calves, shoulders & forearms, back, legs, and arms. Spreadsheet: Kai Green Workout split program is an exercise regimen that targets different muscle groups on different training days. Body parts are "split" into different training days, allowing recovery of those muscle groups while others are being worked in the next training days, allowing recovery of those muscle groups while others are being worked in the next training days. most healthy individuals, but does require careful training. Luckily, Hal Higdon did a great job of laying out programs, please read... Thinner Leaner Stronger Workout Program Spreadsheets Thinner Leaner Stronger is a workout program. focused on developing aesthetics for women. In other words: lose weight, build muscle, look better naked, etc. It was written by Michael Matthews, a trainer who has written extensively on nutrition and aesthetics for both men and women....

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