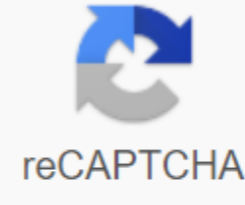




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Transcript for Article No Article Ideas Jeff NIPPARD's Breast Archaeence Program | Table of @JEFFNIPPARD Content 3 FAQs 4 Training Video 5 Program Template 6 Biomechanics / Anatomy 14 Progress 16 Intensity 16 Volume 16 Frequency 17 Important Notes 17 Warm-up 19 Takes 20 Jeff NIPPARD's | Chest Hyperprominence Program 2 Key Terms 1RM: 1 Repeat Max AMRAP: As Many Repetitions As Possible DB: Dumbbell EMG: Electrical Shooting Gradual Overload: Gradual Increase of Stress Placed in the Body During Exercise Training RPE: Perceived Effort LSRPE Speed: Last Set RPE Jeff NIPPARD | Chest Biaves Program 3 FAQs 1. What should I do if I don't have a band? A: Order them here: earplugs rehab/mobility tools/bands 2. What if I can't dip? A: Neutral grip instead of DB press 3. If the RPE increases in the set, do I need to lose weight again? A: If you reach the target RPE in the first set, but find the second set more difficult, keep the weight of the later sets the same. Difficult. If you think you're reaching failure early (before the final set), you'll drop your weight back to 5-10% or what you feel is appropriate to stay within the target RPE. 4. The upper chest is lagging behind the bottom of the chest. Do I have more upper pec stuff than given in the routine? A: No. This routine is already designed to focus on developing upper pec given the general lack (or at least very rarely imbalanced large). 5. Why doesn't your workout change every week? A: This is to ensure progress by gradually adding volume to these specific movements. Weekly changes to the exercise are more likely to flatten the progress curve. 6. What does AMRAP mean? A: As many reps as possible. If you are performing an AMRAP set on heavy compound movements, always use the spore for safety and try to avoid real errors. 7. What should I do if I don't know the bench press 1RM? A: You have two options to figure this out: 1. Perform an AMRAP test as follows: - Warm up by pyramidate weight using the estimated 1RM - Bar x 15, Alternatively, you can choose the weight you think you can do about 3-5 reps, and with as many reps as possible - 50% x 8, 60% x 4, 70% x 3, 80% x 2 - perform as many rep sets as possible with 90% of the expected 1RM - new decision to plug the results of the AMRAP test 2. This calculator connects the results of a recent tough set taken close to 6 or less failures: note If you do an AMRAP test before starting the program, do it in a day by itself, days, and Rest at least 2 days in advance from day 1. 8. What is Isrpe column? A: The idea here is to ponder the last set and ask yourself how many reps you think you can get. In this program, there should be 10 for exercise other than bench presses. It's useful to explain how hard you're working in the final set. Jeff Nippard's NIPPARD | Chest Hypersecurity Program 4 Training Video Workout Video Introduction: Warm-up: 1 Workout Video Bench Press: Inclined DB Press: Banding Pushup: Flat Static Static DB Hold: ho LD: Flat Static Static DB Hold: ho LD: Day 2 Workout Close Grip Bench Press: BAYESIAN Cable Fly: Weight Dip: Jeff Nippard's NIPPARD's | Chest hyperplability program 5 8 weeks chest hyperplability program note 01 days 1 E X E RCI S E Set RE Petition 1 1RM RPE REST 1 2 3 4 5 Note Bench Press 3 6 75-80% 8 4.0 Wide grip, larger arch, slight pause on chest for each rep inclined ardubel press 3 8-10 - 9 3.0 3.0 30-45 ° angle bench angle, Back shoulder flare elbow push-ups 4 12-15 - 9 1.5 squeeze PECS at the top of each rep, full ROM: bottom flat dumbbell static hold on touch nose 2 hold 40% 9 1.0 hold DB Stretched position 60 seconds, weekly session set volume 12 LSRPE total training time day 2 E X E RCI S E set RE petition %1RM RPE pedestal close grip bench press 4 6-8 - 9 2.0 1 2 3 4 5 shoulder width grip With fewer arches, chest knots Ji-an Lee cable fly 3 12-15 - 9 1.0 high cables at shoulder height, seat performance, palm facing a weight dip 2 AMRAP - 10 1.0 two to 3 each rep, dry slightly forward session set volume 9 weeks set volume volume 21 LSRPE total training time *Note: Break is given in minutes. Jeff Nippard's NIPPARD | Chest hyperplitone program 6 8 weeks chest hyperplability program note 02 days 1 E X E RCI S E set RE petition 1RM RPE REST 1 2 3 4 5 note bench press 4 6 75-80% 8 4.0 wide grip, larger arch, slight pause on chest for each rep inclined ardubel press 3 8-10 - 9 3.0 3.0 30-45 ° angle bench angle, Back shoulder flare elbow push-ups 4 12-15 - 9 1.5 squeeze PECS on top of each rep, full ROM: bottom flat dumbbell static hold on touch nose 2 hold 40% 9 1.0 hold stretch of DB Position 60 seconds, weekly session set time additional volume 13 LSRPE total training time day 2 E X E RCI S E set RE petition 1RM RPE pedestal close grip bench press 4 6-8 - 9 2.0 1 2 3 4 5 shoulder width grip With fewer arches, a little pause Chest note Ji-an Lee cable fly 3 12-15 - 9 1.0 high cable at shoulder height, perform ing seat, palm weight dip 2 AMRAP - 10 1.0 of notes for each rep, slightly forward session set volume 9 weeks set volume 22 LSRPE total training time * Note: Break comes in minutes. Jeff Nippard's NIPPARD | Chest hyperplability program 7 8 weeks chest hyperplability program note 03 days 1 E X E RCI S E set RE petition 11RM RPE REST 1 2 3 4 5 note bench press 3 6 77-82% 8 4.0 wide grip, larger arch, slight pause on chest for each rep inclined ardubel press 3 8-10 - 9 3.0 3.0 30-45 ° angle bench angle, back shoulder Push-ups, flare elbows 4 12-15 - 9 1.5 squeeze pecks on the top of each rep, Pull rom: Touch nose bottom flat dumbbell static hold 2 hold 40% 9 1.0 hold DB stretch position 60 seconds, weekly session set volume 12 LSRPE total training time day 2 E X E RCI S Set RE Petition 1RM RPE Close Grip Bench Press 4 6-8 - 9 2.0 1 3 3 shoulder width grip grip grip grip grip With fewer arches, chest knots Ji-an Lee cable fly 3 12-15 - 9 1.0 high cables at shoulder height, seat performance, palm facing a weight dip 2 AMRAP - 10 1.0 two to 3 each rep, dry slightly forward session set volume 9 weeks set volume volume 21 LSRPE total training time *Note: Break is given in minutes. Jeff Nippard's NIPPARD | Chest hyperplinance program 8 8 weeks chest hyperplintinity program note 04 days 1 E X E RCI S E set RE petition 1 1RM RPE REST 1 2 3 4 5 note bench press 4 6 77-82% 8 4.0 wide grip, larger arch, slight pause in chest for each rep inclined Ardubel press 3 8-10 - 9 3.0 30-45 ° bench bench, back angle Push-ups, flare elbows 4 12-15 - 9 1.5 squeeze pecks on the top of each rep, Pull rom: Touch nose bottom flat dumbbell static hold 2 hold 40% 9 1.0 hold DB stretch position in 60 seconds, extra time extra time set volume 13 LSRPE total training time day 2 E X E RCI S Set RE Petition % 1RM RPE Close Grip Bench Press 4 6-8 - 9 2.0 2 3 3 width width grip grip Ji-an Lee Cable fly 3 12-15-9 high cable at shoulder height, cable fly 3 12-15 cable, palm facing weight dip 2 AMRAP - 10 1.0 2 two in each rep, dry slightly forward session set volume 9 weeks set volume volume 22 LSRPE total training time *Note: Break is given in minutes. 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Jeff Nippard's NIPPARD | Chest hyperplitelectroed program 10 8 weeks chest hyperplintinity program note 06 days 1 E X E RCI S E Set RE Petition 1 1RM RPE REST 1 2 3 4 5 Note Bench Press 4 7 7 7 75-80% 8 4.0 Wide grip, larger arch, slight pause on chest for each rep inclined adubel press 3 8-10 - 9 3.0 3.0 30-45 ° bench ,... Jeff Nipard – The Biethos program is a free download bonus!!! Author: Jeff Nippard Sales Page: _ Jeff Nippard's basic arability program is designed for anyone who aims to build a solid strength and muscle foundation. In more than 90 page basic hypertrophic programs, you will get 3 separate 8-week programs: 1) upper/lower splits (8 weeks, 4 days per gym week) 2) full body division (8 weeks, 3 gym days per week) 3) Body parts split (8 weeks, 5 gym days per week) you will also learn the scientific principles behind why certain exercises are better than others, some reps range and exercise for muscle development. 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