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## Gironda 8x8 pdf

Vince Gironda's 8x8 training system was originally called « Honest Training », because it's just one of the hardest and most challenging workouts there is. Similar to 10x10, it stimulates serious muscle hypertrophy along with fat loss. Although highly unconventional, the 50-year-old system continues to be used to this day to its avail. The origins of Vince Gironda 8x8 training understand, the 8 x 8 system was originally used along with the 10 x 10 system by Vince Gironda in preparation for the NABBA Mr Universe competition. Combined with a steak diet and anabolic eggs, Vince was able to enter peak mode after training in the 8 x 8 system for 6 months. Originally published in Vince's The Definition, the program later contained several different programs. Vince believed that to maximize the effect of an exercise on one's body, one should: train the exercise for several months, up to 9 months to get everything from them sometimes, it is necessary to use only one exercise to train a particular bodypart at a time for this reason, Vince's original 8 x 8 routine you have only one exercise workout per bodypart. Vince would normally have the client working on the routine as upper and lower body split on separate days, As follows : Monday, Wed, Friday: Splitting the torso, each exercise performed for 8 sets of 8 reps for weight selection, you want to use weight that you can handle with 12-15 representatives representing between 70% of your 1RM load., Therefore, if you are 1 RM for bench press (as an example) is 300 pounds So 70% would be 210 pounds. Choosing a 8x8 exercise of Vince exercise selection is very important in the 8 x 8 routine. The important point is to understand your needs like a bodybuilder. Your needs will indicate whether you need more mass as a beginner, or work on a particular weak spot if you are an intermediate or advanced bodybuilder, to acquire a particular look so your priority may be to work on shape and definition. Understand that the exercises offered are just that, suggestion. There are beginner exercises which should not be a problem for most, advanced exercises that require an excellent level of mobility and a variety of movement to perform such as those recommended by Vince. I repeat, these are advanced exercises! Beginner exercises recommended for each chest Body part: Bench Weight Pressback: Slowly PulldownDelts: Sitting DB PressBiceps: Standing Weight CurlTriceps: Pressure Rope on the Window: Standing Calf RaseQuads: Foot PressHamstrings: Coral Lying Legs: Crunch Advanced Exercises Recommended by Vince Gironda for Each Breast Body Part: Wide Grip Parallel Dips Back: Sitting Cable RowDelts: Sitting Weight Laterally RaiseBiceps: Preacher Rope triceps pull in car race drive location hymns: sitting wrist barbell curlCalves: donkey calf raise the scales: Hack SquatsHamstrings: CurlAbs Foot Machine: Crunch Many people may think it looks boring, but it is very important to highlight the impact of such a system. Because you perform such a high volume using only one particular movement, the result is exceptional hypertrophy! I can't stress it enough!! This program as 10 x 10 will add muscle fast! Mohammad Makkawy's 8 x 8 routine if you are still not convinced then get this.... Mr Unvierser Major General Mohammed Makkawy, who was one of Vince Gironda's prize students also used an 8 x 8 routine! In Vince Gironde's wild body, Vince describes Mohammed McCawi's training before The Bitter Olympia, where Vince recorded a very advanced 8 x 8 routine he devised for McEvoy. Here's what Vince had to say about Mohammed Macawi's training: Muhammad usually visits me twice a year for a refresher course in the spring and again, four weeks before Mr. Olympia's competition, in the fall. The last time I saw him, his pre-

season routine involved three two-and-a-half hour workouts on the first day, with one hour off between training sessions. The workout included attacking three different body parts with three exercises per part (a total of 24 sets for a muscle area – 8 sets per exercise). He repeated the exact same routine two more times. From the moment he arrived in California, I started giving him a dozen eggs a day and 20 liver tablets every three hours. The second day of Muhammad's training was his arm's day. When I work on his three times, we do a great job on his head in the thigh muscle. This muscle adds something very special to the arm, and I always try to maximize its development in my students. The exercise we use to do this is extending the kneeling ropes, building the best muscle of three. It is performed on a cradle bench, a very small leather-covered platform, 16 inches (40 cm) tall with a middle-in to support elbows. After working on three different aspects of Muhammad's muscles – the bottom, middle, and top – it soon became clear that the magnification size was not a problem. His arms were huge. It was during this time that we were planning a specific exercise for the abdomen of his muscles. It's called a short-range cable curl. He found this new exercise to be perfect for his needs. On that second practice day, I noticed that Muhammad's calves were a little less sized, and we came to the conclusion that he was working on them too much in Canada. Accordingly, I only gave him eight sets of 20 reps on the prone hacking machine. On the third day, we worked on his upper legs. I started Mohammed with 8 quick sets of 8 reps on a slide hack machine. I rushed past him in just 10 minutes. This was followed by eight sets of 8 representatives on the Roman squat chair. Finally, we screwed up the thigh muscles in a variety of Exercises the femoral curl machine and summarized the work on the thighs with layer leg extensions. The abdomen was trained with 8 sets of flat leg raises and 8 sets of half-clasped (clasped). I saved his representatives for eight in those exercises, too. Muhammad's pre-Olympia routine changed slightly depending on his energy levels, and, of course, whether he was practicing at my gym in California or Ken Wheeler's in Toronto. So if you're stuck in a rut and need to kick start hypertrophy again, give 8 x 8 a chance and you'll be surprised with tht gains. Similar to what Arnold Schwarzenegger said... «It's old, but not obsolete»! Featured in one of the reasons the name Vince Gironda is as popular as ever in bodybuilding articles is that the man had ideas that were truly revolutionary long before their time.50 years before Charles Poliquin wrote about German volume training and new training patterns such as FST-7 appeared on the scene, vince was advising on the benefits of volume training for maximum hypertrophy. Vince was known for his unorthodox training methods. Some of his signature exercises included squeezing the bench to the neck, chest chin raised (touching the chest to the bar), tug curls and wimpy squats with what he called a burlesque bump. His workout systems included 15 sets of 4, 3 sets of 12, 6 sets of 6, 10 sets of 10 and 4 exercises in a huge set - one for each side of the muscle. Of all Vince's techniques, 8 sets of 8 shows was his favorite for an advanced bodybuilder. I have a definite preference for an 8 x 8 system of sets and reps, Vince wrote. I repeat this high-intensity honest workout more often than any other to maximize muscle fiber growth in the fastest time possible for an advanced bodybuilder. 8 sets of 8 may be the most effective set and representative combination ever developed for rapidly building muscle fiber size while simultaneously shedding body fat. Vince called it a decent workout because of the sheer muscle fiber size that can be obtained on him. Keep 8 x 8 and your muscle fibers will plump out, giving you a solid mass of muscle density as a result, ensured Vince.8 sets of 8 is so effective that as a 20-year-old starting a competitive bodybuilder, I was able to gain 7kg of muscle without drugs (a competition weight from one program to another) in less than nine months using this system. To this day, I still use 8 sets of 8 systems every time I need a shock plan to raise body part arrears. Vince warned that this combination of set and rep is not for beginners: you have to build up to a stage where you can benefit from this very advanced form of training. I doubt anyone with less than two years of training experience can benefit from this method. How it works8 sets of 8 is high volume, fast pace, size building workout. It's not for power development - it's purely for Or cosmetic enhancements. 8 sets of 8 will also help you get thinner. The short rest intervals highlight the cardiovascular system to the point where calories are burned, metabolism is stimulated, hormones are mixed and fat melts. Here's how it works: You can choose three or four exercises for each muscle group and perform 8 sets of 8 per exercise, yes, it's 24 to 32 sets per body part! Work two or three muscle groups per session and rest only 15 to 30 seconds between sets. Each training session will be completed in about 45 minutes and no more than 60 minutes. Although this seemingly exaggerated volume may seem reminiscent of the coaching style of Steve Mihalik and John Pandis intensity or insanity - it's not the same. This isn't a two- or three-hour marathon practice. You complete this routine in less than an hour. The reason this does not constitute over-training is because you do not exceed the duration of the workout that is starting to have a negative effect on recovery and anabolic hormones. You just load the muscles by processing more training into less time. Why it works: More work in less time = higher intensity and greater muscles Many people are under the impression that the only way to increase muscle is to increase the amount of weight you use. That's not true. Overload is an absolute requirement to build muscle, but overload can come in more ways than one. Adding weight gradually may be one of the best ways to overload, but it's not the only way. Vince was in favour of adding weight to the bar , (provided good form was maintained), but he believed that doing more work in less time was a better method of overload. Iron Guru's advice: To acquire larger muscles you need to increase the intensity of the lucrative work within a given time. This means minimal rest between sets. Push yourself. I feel workouts should be scheduler and you should constantly strive to shorten the time it takes to get through your routine. This is another form of progressive resistance, and is more important than raising your weights. This principle of overload explains why runners have bigger muscles than distance runners. Although it's more work to run a mile than run 100 yards, the sprinter does more work in a second. As a result, his muscles will become larger. Why use 8 sets of 8 instead of conventional training? The most popular method of training for advanced bodybuilders is to choose between two and four exercises per muscle group and perform three or four sets of 6-12 reps on each exercise. Rest intervals range from 60 seconds to four minutes, depending on the gate. So why bother with such an outrageous show as 8 sets of 8 sets of 8? The answer is that this kind of honest, high volume, fast pace workout will be a complete shock to your body, especially at first when you Nothing to do with it. An advanced bodybuilder will adapt to any workout plan within a matter of months and often within weeks. Once adaptation occurs, you must look for new types of stress to lure your muscles into continuous growth. Although Vince did not support over-training in any way, shape or form, he did support the use of muscle confusion to irritation gains, even if that meant temporary over-training. 8 sets of 8 is simply an unusual and effective method of overload and muscle confusion. Obviously, this program is not intended for constant use. It's a shock routine you can use for short periods to jump-start a new growth s burst when you need it most. After completing an 8-set cycle of 8, you can return to more conventional methods. How long do you need to use 8 sets of 8? As long as it keeps working. Another advantage of 8 sets of 8 is that it can be used to work around injury. Heavy training with a 5-6 delegate maximum is impossible when you are an effortless baby, pulling or damaging soft tissue. But you can do 8 sets of 8 because you get such an honest workout with a fraction of your normal weight.8 sets of 8 is a fantastic method for pre-competition setting training because 50-60 sets in less than an hour is definitely cardio. You can easily count any weight training as an aerobic workout. Fast metabolism types do not even need any other aerobic work when using 8 sets of 8. How much rest between sets? Vince supported a very business approach towards butcher. It is said that using 8 sets of 8 format is not enough to ensure muscle gains. What's more important is how quickly you go through the program. Minimal rest between sets is mandatory, the master said. When Vince coached Mohammed McCawy to Olympia, he allowed Muhammad to the point that he made eight sets in less than five minutes or less. Your goal is to reduce your rest intervals to 30 seconds or less, eventually reducing them to just 15-20 seconds between each group. Once your liner has adapted to the demands, you'll only need five to 10 deep breaths between each group, so it's on the next set. If your pace in each exercise is 2-0-2-0 (2 eccentric seconds, no breaks and two concentric seconds), then each rep will take you four seconds. Eight delegates to the set means each team will take you 32 seconds. With a rest interval of 15-20 seconds, 24 sets will take just 18 to 21 minutes to complete and 32 sets will take 25 to 28 minutes to complete. TempoThe right pace combined with the right resistance is key to the success of this program. Vince defined the optimal pace as evenly untited sets (time-wise) without any distractions and full concentration on when to lift the next weight and sometimes the next set. It means without reading in a magazine, without hanging out in the gym, not gossiping, not replacing the disc with your Walkman, and not-- not even going to-- This program requires 100% total concentration. If you're interrupted or distracted, you might want to pack your gym bag and go home. Don't put the weights between sets. Put them on your knees, but don't put them down or pick them up again. Also, do not release the Group Bar; Shut it up, but keep your hands on it. If you're using strips, don't rub them. Stay on the bench or machine until all 8 sets of 8 are complete. Don't rest between the body parts. When you finish the last exercise for the first muscle group, go directly into the first exercise for the next muscle group. By the way, keeping track of these rhythm guidelines means you're going to have to abandon your coaching partner. This plan must be done alone. How much weight? Using rest intervals of 15-20 seconds will limit the amount of weight you can use, but that's fine. Initially, there will be a big reduction in your regular training. Most people will need to reduce their normal 8 delegate maximum by about 40% to successfully complete 8 sets with such short rest intervals. For example, if you usually make a flying dumbbell with 55 pounds for 8 reps with a rest interval of 60 - 90 seconds, you'll need to reduce your weight to about 35 pounds to successfully complete 8 sets of 8 with rest intervals of 15-30 seconds. You become more conditioned, it will amaze you how much weight you will build back while maintaining a short rest interval. Astonishingly, you can even get close to your original pound. At this point, serious growth will begin to occur. Choosing the right weight is crucial. The first practice should be deliberately easy. If you try too much weight too quickly, you won't be able to complete 8 reps on the latest sets and won't be allowing room for progress over a period of weeks. Vince warned that the same weight in all eight sets is necessary. If you fail the sixth or seventh delegate in the last two, that's fine, but if your delegates go below 8 by your fourth or fifth set, the weight you've chosen is too heavy. Intensity: Training over your head Most of your sets will not be taken for failure, and none of them will be taken beyond failure. On your last set or two of any exercise, it's normal to fail in delegate 6 or 7. When you can easily complete a full 8 sets of 8 reps, then increase the weight on the next workout. While you won't come to failure in most of your sets, make no mistake - this is some of the toughest training you'll ever do. Training large muscle groups and performing multi-joint free weight exercises are particularly difficult. You will face the combustion of local muscle fatigue, the challenge of oxygen debt and the difficulty of maintaining mental concentration.8 Sets of 8 is a test of strength, endurance and mental toughness. Gironde called it a workout over your head. Sometimes, you won't be sure if you can go on, Once you start, you can't stop. A few sets and exercises included, Vince suggested limiting your overall set to no more than 12-15 per body part. He said if you can't get practice in 12 sets, you're not concentrating properly. However, he also said there are certain cases where this rule can be broken. 8 sets of 8 program for advanced bodybuilder is one of them. When it comes to a few exercises, Vince recommends anywhere from one to four exercises per muscle group, depending on the circumstances. For this particular variation of the program, you will perform 8 sets of 8 reps on two to four exercises per body part. The number of exercises per body part will also depend on the type of splitting routine you choose. The most important factor is to do only as many exercises as you can to fit the 45-minute time limit. What kind of splitting routine? Vince supported different types of split routines for different purposes. Sometimes he had his students practice as often as six days in a row with each muscle group working three times a week! More often, Vince was partial to a routine split two or three ways so that each muscle group was trained twice a week. He advised advanced bodybuilders to use a three-day split with 72 hours of recovery between workouts at maximum intensity. These days it's more popular to split a routine four or even five ways. With a four- or five-day split, each muscle group works once every five to seven days. If Vince was around today, he'd probably give me a verbal beating for saying that, but I found out that eight sets of eight work with almost every split routine whether you work in every muscle group once a week or twice a week. The important thing is to adjust your volume so that you can maintain the rate rules and time limit. If you have a split routine that works well for you, by all means stick with it. For example, if you're in the popular four-day division where you work out two days on one day off, you'll get great results in 8 sets of 8. With this type of split, you can perform seven or eight exercises for 8 sets of 8 reps and adjust it all within 45 minutes. If you're on a two- or three-day split as Vince often recommended, you may only have time for one or two exercises per muscle group, each performed for 8 sets of 8. The sampling routine I described is based on a four-day split. Sample Routine:Day 1ChestDecline Low Cable - Crossover (Touch Hands at Waistline) 8 X 8Bench Neck Presses - 8 X 8Incline Press Weight - (Face Palms Facing Each Other) 8 x 8Wide Grip V-Bar Dips - 8 X 8BicepsDrag Curl - 8 x 8 8 8Preacher Curl (8 X 8Preacher Curl (top of the bench in a low peck line) - 8 x 8Incline Curl Weightlifter - 8 x 8ForeasZottman Curl - 8 x 8 Curl Hand Bell - 8 X 8Day 2ShouldersDable Side Lift Sea Sitting - 8 X 8Wide Grip Straight Row - 8 x 8 Front Back Weight Press - 8 x 8 Double Bent Over Back Door Landscape - 8 X 8 Rope Extension - 8 X 8Expanding Tricep 8Lying - 8 X 82 Weightlift Tricep Bribe - 8 X 8Day 3BackSternum Chin Top - 8 X 8High Bench Two Rowing Dumbbell - 8 X 8Low Cable Row with High Roller 18 - 8 X 8Medium Grip Lat Pulldown Chest - 8 X 8AbsDable Crunch - (pull knees and elbows together at the same time) 8 x 8 crunch weight - 8 x 8 Bend knee leg up - 8 x 8DAY 4QuadsFront Squat - 8 x 8Hack Squat Machine - 8 x 8Sy squats - 8 x 8Leg Extension - 8 X 8Hamstrings -Supine Leg Curl - 8 X 8Seated Leg Curl Machine - 8 X 8Calves Standing Calf Raise - 8 X 20Seated Calf Raise - 8 X 20 in Conclusion8 Sets of 8 is a little known and very misunderstood program. That's partly because Vince never explained it in great detail, not even on his famous mail order routes. Even when fully understood, most people will never even try this type of workout because it looks like too much volume and the weights seem too easy to get any of it. Too bad for them! The real reason most people never finish a full cycle of 8 sets of 8 is because it's very demanding! 8 sets of 8 reps performed in five minutes for a large muscle group can test the courage of the hardest bodybuilder. You don't have to agree with all of Vince's turn to use this plan. It's natural to resist such extreme concepts. Vince was pretty used to it. Almost all of Vince's ideas were met with a degree of skepticism initially, but in the end - sometimes two or three decades later - many of his methods were accepted as standard bodybuilding truths. When asked, Vince advised, if in doubt, try these concepts and try others. The results count. Test. Test. Then make up your own mind. The secret to success is believing that the tunnelS I'm giving will work and it will work. If you have any doubts, you'll find it won't work. Whether you think Vince was the greatest coach of all time or just an old crankshaft with weird ideas, I implore you to give this fair workout an honest try.

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