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Get Your Fitness On Track! This revolutionary program is unlike anything I've ever shared before. It's perfect for those who want to maximize their gym time without sacrificing intensity. We'll be using high-intensity workouts and advanced techniques to optimize each session in under 45 minutes, 2-5 times a week. The goal is to achieve optimal hypertrophy within these tight training sessions. To achieve this, we'll focus on quality over quantity, with most exercises having only 1-3 sets per exercise. This reduces the volume of work and allows for more concentration on each set. Less Volume, More Focus My coaching experience shows that a lower volume, high-intensity approach leads to better focus and execution in the gym. By limiting yourself to just 1-2 sets per exercise, you'll be forced to execute each movement perfectly, reducing waste volume and improving overall results. Three Training Blocks To avoid monotony and keep things fresh, this program is divided into three training blocks, with new exercises introduced every four weeks.

BODYBUILDING PROGRAM

JEFF NIPPARD

WORKOUT ROUTINE

6 DAY PPL WORKOUT

LEGS 1

DR WORKOUT

- Squat 3 Sets x 4 Reps (80% 1RM)
- Romanian Deadlift 3 Sets x 10 Reps
- Single-Leg Press 3 Sets x 15 Reps
- Eccentric Leg Extension 3 Sets x 10-12
- Seated Leg Curls 3 Sets x 10-12 Reps
- Standing Calf Raise 3 Sets x 10-12 Reps
- Decline Crunches Supersetted with Long-Lever Planks 2 Sets x 10-12 Reps - 2 Sets x 30s

PUSH 1

- Bench Press 3 Sets x 8 (72.5% 1 RM)
- Machine Shoulder Press 3 Sets x 12
- Dips 3 Sets x 12-15 Reps
- Eccentric Skullcrushers 3 Sets x 8-10
- Egyptian Lateral Raise 3 Sets x 12 + MYO
- Cable Tricep Kickback 3 Sets x 20-30

PULL 1

- Weighted Pull-Up 3 Sets x 6 Reps
- Seated Cable Row 3 Sets x 10-12 Reps
- Kneeling Cable Pullover 3 Sets x 15-20 Reps
- Hammer Cheat Curl 3 Sets x 8-10 Reps
- Incline Dumbbell Curl 2 Sets x 12-15

LEGS 2

- Deadlift 3 Sets x 3 Reps (80-85% 1RM)
- Hack Squat 3 Sets x 10-12 Reps
- Single-Leg Hip Thrust 2 Sets x 15 Reps
- Nordic Ham Curl Supersetted with Prisoner Back Extension 2 Sets x 10-12 Reps - 2 Sets x 10-12 Reps
- Single-Leg Calf Raise 3 Sets x 8-10 Reps
- Weighted L-Sit Hold 3 Sets

PUSH 2

- Overhead Press 4 Sets x 4 Reps (80%)
- Close-Grip Bench Press 3 Sets x 10
- Cable Crossover 3 Sets x 10-12 + Drop
- Overhead Tricep Ext 3 Sets x 10-12 Reps
- Lateral Raise 21's 3 Sets x 7/7/7
- Neck Flexion/Extension 3 Sets x 10-12

PULL 2

- Omni-Grip Lat Pulldown 3 Sets x 10-12 Reps
- Chest-Supported Row 3 Sets x 10-12 Reps
- Rope Facepull 3 Sets x 15-20 Reps
- Incline Dumbbell Shrug (OPTIONAL) 3 Sets x 15-20
- Reverse Pec Deck 2 Sets x 15 + 10-15
- Pronated/Supinated Curl 3 Sets x 10/10

DR WORKOUT

We'll be using high-intensity workouts and advanced techniques to optimize each session in under 45 minutes, 2-5 times a week. The goal is to achieve optimal hypertrophy within these tight training sessions. To achieve this, we'll focus on quality over quantity, with most exercises having only 1-3 sets per exercise. This reduces the volume of work and allows for more concentration on each set. Less Volume, More Focus My coaching experience shows that a lower volume, high-intensity approach leads to better focus and execution in the gym. By limiting yourself to just 1-2 sets per exercise, you'll be forced to execute each movement perfectly, reducing waste volume and improving overall results.

Three Training Blocks To avoid monotony and keep things fresh, this program is divided into three training blocks, with new exercises introduced every four weeks. You can adjust the schedule to fit your lifestyle: * 2x/week: Full Body days (Days 1, 4) + Rest days * 3x/week: Full Body day (Day 1), Upper Body day (Day 3), and Lower Body day (Day 5). * 4x/week: Upper Body day (Day 1), Lower Body day (Day 2), with alternating days for rest * 5x/week: Push day (Day 1), Pull day (Day 2), Legs day (Day 6) The key is to prioritize strength progression over volume increases. This program isn't just an eBook - you'll get a comprehensive Excel sheet for tracking your workouts and exact weights used. Plus: * Over 30 video demos by Jeff, explaining each exercise * Warmups, sets, reps, rest periods, and RPE (Rate of Perceived Exertion) guidelines * Exercise substitutions for individualization * Scientific explanations behind the program's effectiveness, with references I designed this program to be adaptable to minimal equipment. With provided substitutions, you can easily run it with basic equipment or adjust according to your needs. Get started today and take control of your fitness journey! Are you wondering if this training program can actually help you build muscle?

The answer is yes! As long as you're pushing yourself close to failure and following the outlined progression, you'll reach a level of tension that triggers new muscle growth. Research shows that even just a few sets per week can stimulate significant gains. In fact, studies have found that minimalistic training approaches can be effective for both beginners and experienced lifters alike. Of course, there may come a point where you need to increase volume to continue making progress, but the data suggests that short, intense workouts can lead to measurable gains. If you struggle with an exercise, don't worry - every workout has two substitution options, listed in order of preference. If you prefer or have easier access to one option over the other, go for it! The program is designed so that all options elicit a similar training effect. To make these workouts even shorter, try supersetting antagonist muscle groups. For example, pair Seated DB Shoulder Press with Seated Cable Rows and alternate between the two exercises with minimal rest time in between. Just be sure to avoid pairing pushing exercises like DB Bench Press with Seated DB Shoulder Press, as this can interfere with your strength gains. Each workout should take under 45 minutes from start to finish, including warm-up and rest periods. If you're more flexible with rest times, your workouts may take around 45-60 minutes. Finally, if your gym is crowded, feel free to switch up the exercise order - just keep compound movements at the beginning of the workout and save isolation exercises for the end to prevent interference with your strength on the compound lifts.