X3 12-week program pdf

This allows for optimal muscle growth and recovery The first video in ourvideo X3 Training Program is now available! The program is broken up into two parts: Week 1–4 and Week 5– Our program follows a classic push-pull split. In our program roadmap, we review a few factors that are critical to your success with X3 at each stage of the journey. The program is broken The X3 week workout and nutrition programs are only available for X3 customers. In our program roadmap, we review a few factors that are critical to your success with X3 at each stage of the journey. For example, if you are in Week 2, follow the routine under "Weeks 1–4." Title: x11_INSERT_F_OL Created Date/2/AM Weeks (and onwards) DayPush Day. DayPull Day. DayPush Day. DayPull Day. DayPush Day. DayPull Day. DayRest Day. As you progress into Week 5, you can consider replacing the Front Squat with the Split Squat and add the Pec Crossover in your Push Day workouts X3 Week Program Roadmap. More coming soon Title: x11_INSERT_F_OL Created Date/2/AM I recently picked up a used X3 Bar set, and was looking into more information about the week program, but it looks like the content is locked unless you purchased the set new Follow the X3 week workout program and start building the body of your dreams through variable resistance, streamlined nutrition, and science-backed workout principles X3 Week Program Roadmap. Dr. Jaquish explains how X3 works and walks through key principles that will help transform your body. Be sure to follow the schedule in the table below that corresponds to your current week. Start this push-pull split routine to build muscle, increase strength, and transform your bodyWatch this X3 intro video before beginning the week program.

| | Difficulté | **Difficile** |

| | Durée | **644 heure(s)** |

| | Catégories | **Vêtement & Accessoire, Alimentation & Agriculture, Musique & Sons, Robotique, Science & Biologie** |

| | Coût | **384 USD ($)** |

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Commentaires

Matériaux	Outils

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