

@violet starr@ Im lost some guidance? Bodybuilding Forums Max Lifts Got Them What to Work on? Bodybuilding Forums.

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Feb 5 2007 BTW for billstarr s 5x5 i always increased by 5lbs when i couldnt increase by a perfect 2.5% seems weird to increase by percent because as you go up in weight youll be increasing the weight by even bigger numbers??? Jan 23 2006 Max Lifts Got Them What to Work on? Hey there I haven t been on here in a while I did some working out last year from about January March 5 Days a week a good program I was seeing massive gains but not much as far as intensity then before I knew it work was getting heavy

Anyways after Tobacco I couldn t drag myself back into working out so I joined the Wrestling team and let me Oct 10 2023 **** was so slippery was fuking like a stallion to the point where I thought I would be arrested. Get thevioletmyers one. It is not only a Flash light but a fleshlight

You can fuk in the dark while the other end is on lighting up the room. 10 10 2023 03 01 PM 18 andrepmeet Registered User Join Date Apr 2014 Age 34 Posts 12 366 Rep Jun 22 2015 The basic 5x5 template was developed decades ago mostly by a strength coach named BillStarr

Fierce 5 is a slight variation on the basic template. DUP is just a refinement of periodization daily undulating a variance in programming used in many programs since the 60 s

There s nothing trendy about 5x5 variants Nov 12 2009 When I was a freshman in college BillStarrgave me this routine to follow. It was designed for off season football and general strength training

In the first 16 weeks I was on it I added about 35 pounds of bodyweight and took my total from a paltry 600 to over 950.

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