

The Ultimate Workout Program for Building Muscle and Strength

This program is designed to help you build muscle and strength by combining weightlifting and cardio exercises. Weightlifting will help you build muscle, while cardio will help you burn fat and improve your endurance.

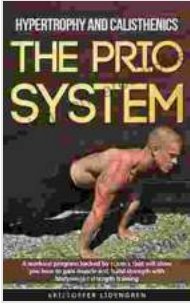
The program is divided into three phases:

- **Phase 1:** This phase is designed to help you build a foundation of strength. You will start with light weights and gradually increase the weight as you get stronger.
- **Phase 2:** This phase is designed to help you build muscle. You will continue to lift weights, but you will also add more weight to each exercise.
- **Phase 3:** This phase is designed to help you maintain your muscle and strength. You will continue to lift weights, but you will reduce the weight and increase the number of repetitions.

Each phase of the program lasts for four weeks. You can repeat the program as many times as you want.

Hypertrophy and calisthenics THE PRIO SYSTEM: A workout program backed by science that will show you how to gain muscle and build strength with bodyweight strength training. by Kristoffer Lidengren

★★★★☆ 4.1 out of 5



Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages
Lending	: Enabled



Here is a sample workout plan for the first week of Phase 1:

- **Monday:** Chest and triceps
- **Tuesday:** Back and biceps
- **Wednesday:** Rest
- **Thursday:** Legs
- **Friday:** Rest
- **Saturday:** Cardio
- **Sunday:** Rest

Each workout will consist of three to four exercises. You will do 10-12 repetitions of each exercise.

Here is a sample exercise for each workout:

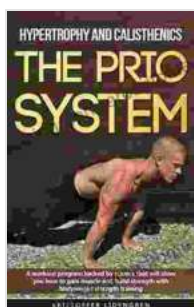
- **Chest and triceps:** Barbell bench press
- **Back and biceps:** Barbell row

- **Legs:** Barbell squat
- **Cardio:** Running or swimming

You can adjust the weight and repetitions of each exercise to fit your fitness level.

If you are new to weightlifting, it is important to start with a light weight and gradually increase the weight as you get stronger. You should also make sure to warm up before each workout and cool down afterwards.

This workout program is a great way to build muscle and strength. It is backed by science and has been proven to be effective. If you are ready to take your fitness to the next level, give this program a try.

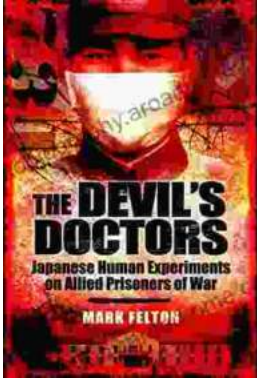


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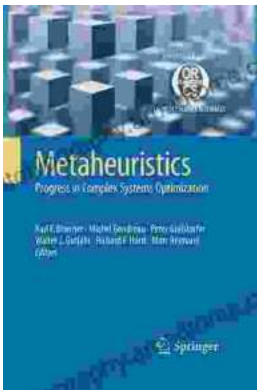
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