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Mike Rashid's Overtraining Shoulders (Boulders) program
Movement 1. Warm Up. Handstand push-up (lean against wall) 4 sets of 10. Movement 2. Standing Barbell Military (or strict press) Lower the barbell as low as possible, press the bar to a lockout position. Keep the movement as strict as possible (no momentum by bouncing from the knees). Set 1

Private Nutrition and Training Coaching - Mike Rashid

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i'm training for hypertrophy before i start strength program.
what are your thoughts on mike's philosophy of training for hypertrophy? or are you a fan of a clasic 70% 1RM, 4 sets per exercise, reps 8-12, time under muscle contraction 40s-70s...
i've tried both methods of ...

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