

MIKE RASHID WORKOUT ROUTINE

6 DAY WORKOUT

DR WORKOUT

MONDAY- CHEST

- Barbell Bench Press 4 x (6-10)
- Incline Bench Machine 4 x (8-12)
- Incline Dumbbell Press 4 x (8-12)
- Bodyweight Pushup 5 x AMRAP

TUESDAY- BACK

- Weighted Pull-Ups with Chains 4 x (8-10)
- Seated Cable Rows with Ropes 4 x (8-12)
- Plate loaded incline T-Bar Rows 4 x (8-12)
- Seated Close-Grip Pulldowns 4 x (10-12)

WEDNESDAY- SHOULDERS

- Double Rep Barbell Clean 4 x 5
- Barbell Upright Rows 4 x (8-10)
- Dumbbell Lateral Raises 4 x 12
- Bent-Over Reverse Flyes supersetted with Dumbbell Shrugs 3 x 15 - 3 x 20
- Single-Arm Dumbbell Press 3 x AMRAP

THURSDAY- LEGS

- Barbell Squat 5 x (6-12)
- Single-Leg Press 4 x (10-12)
- Hack Squats 4 x (8-10)
- Dumbbell stiff-legged deadlifts 4 x 12
- Seated Leg Extensions 3 x AMRAP

FRIDAY- ARMS

- Standing Alternate Dumbbell Curls supersetted with Cable Tricep Extensions 4 x (10-12)
- Seated Hanging Dumbbell Bicep Curls supersetted with Reverse Grip Single Arm Cable Extension 4 x (10-12)
- Standing Cable Bicep Curls 4 x (10-12)
- Overhead Cable Tricep Extensions 4 x (10-12)

SATURDAY- CARDIO

SUNDAY - REST

Mike Rashid Workout Manual

Michael Phillips



Mike Rashid Workout Manual:

Books in Print ,1993-09 V 1 Authors A D v 2 Authors E K v 3 Authors L R v 4 S Z v 5 Titles A D v 6 Titles E K v 7 Titles L Q v 8 Titles R Z v 9 Out of print out of stock indefinitely v 10 Publishers **Workout Manual** Nick Hutchings,2022 Do it Right Health & Fitness Michael Sardone,2011 **Dr. Jordan Metzl's Workout Prescription** Jordan Metzl,2016-12-13 Dr Jordan Metzl s Workout Prescription is a compressed workout guide designed for busy professionals in today s world who have little time for fitness and want to maximize results In this book Dr Jordan Metzl explains the science of the compressed high intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime anywhere using minimal equipment This book also guides you through topics like motivation goals and the importance of proper recovery Dr Metzl s high intensity workout combined with a scientifically designed and periodized training schedule delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women children and adults The Manual Matt Thome,Jay DeMayo,Andrew White,Anthony Carney,Mike Thomson,Mike Dahlem,Kessa Kuyper,2022 **Workouts For Dummies** Tamilee Webb,1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising instantaneous results Unfortunately none of these fads ever seems to work That s because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet exercising resting your body and doing your best to find balance in all aspects of your life If you can dedicate yourself to this goal and are willing to work for what you want you can have a healthy and fit body Workouts For Dummies by Tamilee Webb whose buffed body is the star of the Buns of Steel workout video series will show you how to get the most out of your workout routine no matter what your current level of fitness If you re a workout enthusiast this book will help you shape up with easy workouts you can do anytime anywhere Even if you ve never exercised don t worry this book starts with basic topics such as choosing shoes and warming up Workouts For Dummies covers everything you ll need to create an effective exercise program starting with an explanation of body types so you don t think you ll end up looking like Cindy Crawford if you don t already and the workouts that suit your body type You ll also find directions for stretches aerobic exercises muscle conditioning using weights furniture exercise bands and bars and workouts for different locations home office gym all with illustrations Workouts For Dummies also deals with the following topics and much more Creating a personalized workout Warming up cooling down and stretching Preventing common injuries Targeting and toning trouble spots Evaluating equipment gear and gadgets Determining your fitness level Working out while traveling Filled with expert tips techniques and step by step photos that illustrate over 100 exercises Workouts For Dummies will help you make exercising an enjoyable part of your life *The Dreadnaught Manual* Michael Phillips,2020-08-14 The ultimate minimalist workout at half an hour per workout 2 or 3 times per week this is the most difficult rewarding and effective of body weight urban type or half hour workouts to be favorably compared with programs that require twice as much time or more The Mike Mentzer Method

Fitness Research Publishing,2023-12-06 The Mike Mentzer Method offers an in depth exploration of the revolutionary High Intensity Training HIT approach pioneered by the legendary bodybuilder Mike Mentzer This book meticulously outlines the core principles of HIT contrasting them with traditional training methods to highlight their effectiveness in muscle growth and strength gains It delves into the specifics of Mentzer s training regimen including training to failure the importance of recovery and the psychological aspects of bodybuilding The book is not just a training guide but a comprehensive look at Mentzer s philosophy offering practical advice and inspiration for bodybuilders and fitness enthusiasts seeking efficient and results driven workouts This Guide Includes Introduction to Mike Mentzer Explores his background and the development of his training philosophy HIT vs Traditional Training A detailed comparison of Mentzer s High Intensity Training with conventional bodybuilding methods Principles of HIT Breaks down the key components of High Intensity Training Training to Failure Discusses the technique and importance of pushing muscles to their limits Recovery and Growth Emphasizes the role of rest in muscle development Mentzer s Nutritional Approach Details his dietary recommendations for bodybuilders Mindset and Philosophy Explores Mentzer s philosophical approach to bodybuilding and life Implementing the Mentzer Method Practical guidance on applying his methods to your routine 20:twelve:20 Stuart Jones,2015-01-11 9 complete training programs Bonus training guides Full cardio guides Complete explanations to all exercises and training methods Exclusive access to the 20 TWELVE 20 System including The original training system SUPERSET EDITION The all new T U T 40 System **Men's Fitness Magazine** John Lipsey,2009 173 exercises demonstrated in detail **Maximum Fitness** Stewart Smith, USN (SEAL),2001-03-13 Maximum intensity maximum results maximum fitness a former Navy SEAL introduces the most effective workout ever developed Has your current fitness routine lived up to your expectations Probably not Join Stewart Smith former Navy SEAL Stew Smith and fitness professional as he takes your fitness to the max with his workout guide featuring the 52 Week Maximum Fitness Workout Maximum Fitness is the first complete year long cross training program designed to make you physically the absolute best you can be Whether you are an athlete or a weekend warrior man or woman this fitness guide provides the essential ingredients for anyone looking for an exceptional athletic edge From weight training to swimming to biking and running to body weight PT and flexibility training no matter what kind of shape you are currently in Maximum Fitness will change the way you look and feel it will positively change your life With Maximum Fitness you will discover Fifty two weeks of high tech supercharged cross training workouts Four unique 13 week workout cycles to help build a stronger healthier and injury free physique Complete flexibility calisthenics and weight training routines Advanced PT running and swimming drills Routines for weight loss and weight gain Endurance enhancing exercises Cross training guide for maximum efficiency without burnout Increased muscular stamina Cardio vascular fitness Strength training and powerlifting routines Speed and agility training drills for the ultimate reaction time Get online support at the GetFitNow com online fitness community Why wait Total Workout Consumer Guide,1984 **Royal Marines**

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