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5/3/1: How to Build Pure Strength by Jim Wendler | 07/07/09. Jim Wendler's 5/3/1/ program promises slow and steady gains that will eventually turn you into the strongest guy in the gym. And it delivers, every time.

Tip: Master the Reverse Hyper | T Nation

Hyper 1 1 T Nation 1 - Train More Often. Drop the notion that a muscle group can only be trained once a week. Strongmen from the past didn't train that way and you shouldn't either. The more frequent the growth-stimulating sessions you can have, the better. 2 - Forget Time Under Tension The Anti-Bodybuilding Hypertrophy Program | T Nation

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