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In exclusive video episodes, Neil Hill and Flex Lewis demonstrate the training principles involved in Y3T for shoulders, legs, arms, chest, and back. Each individual lift is also accompanied by a video cues you need to perform each rep correctly for maximum gains.

Y3T

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Y3T Transformation Guide

Neil Hill - Y3T Yesterday at 5:17 AM · We appear to be living in an age where muffins, pop tarts, donuts, Coco pops and refined sugary cereals are now the ultimate Pre and Post workout carbohydrate warrior champions ? .

Y3T Mass Edition 1 Ebook

Learn about how Y3T developed from a training system used with a select few athletes, to becoming the FASTEST growing training system in the bodybuilding & fitness world today! Discover ALL you about how Y3T works, with in depth explanations on a wide array of topics including hypertrophy, energy systems & hormones plus many more!

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Y3T is a cyclical program, alternating training "types" over 3 weeks, and then repeating the cycle. For anyone who has plateaued or is a hard gainer (such as myself), this program is a new way to It's unique and fun. ... Y3T Mass Edition 1 Ebook. 1 Like. Matt_Towson January 3, 2018, 5:25pm #10.

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Y3T 2nd edition ebook : bodybuilding - reddit

Y3T Training. Flex Lewis wasn't born with boulder shoulders or abs of steel. He built them with intense training, precision nutrition, and the expert guidance of longtime trainer Neil "Yoda" Hill — trainer and creator of Y3T.

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Gettin Huge With Y3T - Y3t Training Pdf

Neil Hill is the creator of Y3T, a training program that's taken the bodybuilding world by storm and was adopted by 7x 212 Mr Olympia James 'Flex' Lewis. The training program is based on three weeks. Neil Hill has worked with some of the biggest names in bodybuilding,...

Neil Hill's Workout Program - Gettin' Huge With Y3T ...

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Y3t Ebook

Y3T Training Guide. This eBook is brought to you by world leading bodybuilding coach, Neil Hill. Today, Neil is head coach of Team BSN, Team GASP, featured writer to FLEX magazine USA. Neil is also a coach to including 3 X 212 Mr. Olympia Flex Lewis, global fitness superstar Steve Cook and IFBB Pros William Bonac and Steve Kuclo to name a few.

Y3T: Neil Hill's 9-Week Hardcore Video Trainer ...

Hey man, Y3T is a really good program, I am doing it to work on my injuries and it has been excellent on all purposes, you can either do the Neil 9 week program in Bb.com or do the Kris gethin M... 3 weeks of this program are y3t workouts that Neil himself suggested to Kris, Btw,...

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