

Mike Mentzer's Ideal Program

Day 1: Chest - Back

- 1: Peck Deck 6-10 reps - superset
- 2: Incline Press 1-3 reps
- 3: Close Grip Pulldown 6-10 reps
- 4: Deadlift 5-8 reps

Day 2: Legs

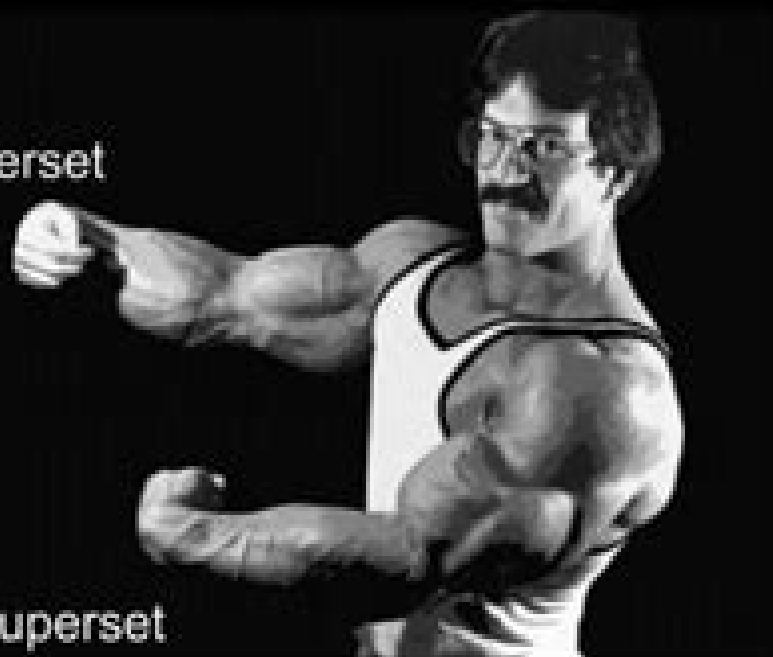
- 1: Leg Extensions 8-15 reps - superset
- 2: Leg Press 8-15 reps
- 3: Calf Raise 12-20 reps

Day 3: Delts - Arms

- 1: Lateral Raise 6-10 reps
- 2: Bent Over Raise 6-10 reps
- 3: Barbell Curl 6-10 reps
- 4: Triceps Extensions 6-10 reps - superset
- 5: Dips 3-5 reps

Day 4: Legs

- 1: Leg Extensions 1 rep Static Hold - superset
- 2: Squats 8-15 reps
- 3: Calf Raise 12-20 reps



Mike Rashids Full Body Program

Ying-Ying Zheng

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

Mike Rashids Full Body Program:

Whispering the Secrets of Language: An Mental Journey through **Mike Rashids Full Body Program**

In a digitally-driven world wherever displays reign great and quick communication drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words frequently move unheard. However, located within the pages of **Mike Rashids Full Body Program** a charming fictional prize blinking with natural feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, this enchanting opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the emotional depths with this touching review, we can embark upon a heartfelt exploration of the book is core themes, dissect their captivating writing design, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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