

7:41

Power Hypertrophy

← TODAY →

Week 2 Day 1 10:32

Coach's note: The intensity level here is 10% higher than last week's. If this is too much, adjust down your RPE.

1 Bench Press Completed

Set	Intensity	Target	Actual	Progress
1	80%	44-reps	45 x 6	✓
2	80%	44-reps	45 x 6	✓
3	80%	44-reps	39 x 6	✓

2 Dumbbell Row Completed

Set	Intensity	Target	Actual	Progress
1	RPE 8	50-reps	45 x 10	✓
2	RPE 8	50-reps	45 x 10	✓
3	RPE 8	50-reps	37 x 10	✓

3 Incline Dumbbell Bench Completed

Set	Intensity	Target	Actual	Progress
-----	-----------	--------	--------	----------

NSUNS
Powerlifting
Intermediate
High Intensity

By **Carly Wilson**

NSUNS Program
A linear progression powerlifting program for intermediate lifters.

Full Size | 12 Weeks | 10 Weeks

DRED NUCKOLS
BEGINNER PROGRAM
Strength | Muscle | Lifting Technique

By **Dred Nuckols**

Greg Nuckols Beginner Program
Build muscle and strength with full gym equipment including barbells, dumbbells, and machines.

Full Size | 12 Weeks | 10 Weeks

LENGTH & STRENGTH
Mobility | Powerlifting | Hypertrophy Program

By **Mr. [Name]**

Length & Strength
A mobility program for the modern day person who has not lifted.

Full Size | 12 Weeks | 10 Weeks

GZCL Program
Strength | Hypertrophy | Muscle

By **Carly Wilson**

GZCL Program
GZCL is one of Reddit's most popular Linear Progression programs for lifters.

Full Size | 12 Weeks | 10 Weeks

reddit PPL
PURE PULL PUSH

By **Headkudge**

Reddit PPL
The official PPL program for lifters who want to build muscle and gain strength.

Full Size | 12 Weeks | 10 Weeks

5/3/1 BBB
Strong Bar Bg

By **Jim Winkler**

5/3/1 Strong Bar Bg
500 is one of the best powerlifters in the world with a focus on the most important lifts for the gym.

Full Size | 12 Weeks | 10 Weeks

CARDIO & WEEK STRENGTH PROGRAM
Cardio | Hypertrophy | Strength

By **James Cardito**

Cardio & Week Strength Program
Build general fitness and learn the high effective periodization training method.

Full Size | 12 Weeks | 10 Weeks

PHAT
Power Hypertrophy Adaptive Training

By **Logan Norton**

PHAT
Developed by Dr. Logan Norton, PHAT is for lifters that want to lose weight without losing mass.

Full Size | 12 Weeks | 10 Weeks

PHUL POWER HYPERTROPHY UPPER LOWER

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PHUL 4 Day Split
One of the most popular programs for building strength muscle.

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Karna Raju



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Antonella Versaci, Vincenzo Paolo Bagnato, Enkelejda Kucaj, Ilaria Pigliautile, Hasim Altan, Shlagha Agarwal, Antonio Labalestra, Rim Meziani, 2026-02-16 This book provides a comprehensive review of the latest research in cultural heritage environmental design materials science and engineering technologies Building on the success of the previous two conferences the third edition aims to transcend conventional discussions and elevate the conversation to new heights It aims to influence the future of environmental design materials science and engineering technologies By focusing on innovative designs sustainable practices and principles of urban planning it ensures that our built environment meets the changing needs of our communities The careful combination of these factors promotes a more resilient and inclusive society where our living spaces are not merely buildings but essential parts of a vibrant and interconnected social ecosystem The book creates a platform for participants to share ideas and collaborate on tackling cultural heritage and modern challenges within these complex fields It also explores a variety of subjects including recent advancements in art and design sustainable materials environmental integration and the intersection of various engineering disciplines Grasping the properties of materials enables designer and engineers to create structures and technologies that are efficient and sustainable playing a vital role in the overall advancement of our civilization

Island in the Net Steffen Köhn, 2026-02-10 An exploration of Cuba's emerging digital culture and Cubans' creation of grassroots networks digital black markets and online spaces for public debate Until just a few years ago Cuba was one of the least connected countries in the world But as digital technology has become increasingly available Cubans have found inventive ways to work around such remaining barriers as slow speeds high costs and inadequate infrastructure In *Island in the Net* Steffen Köhn examines Cuba's nascent digital culture and how it has reconfigured the relationship between the state and its citizens Köhn shows that through innovations including sneakernets the physical transfer of information by flash drives and other devices digital black markets and online spaces for political debates Cubans have successfully challenged the government's monopoly on media and public discourse Drawing on multisited ethnographic research Köhn documents Cuba's digital awakening from the introduction of accessible Wi-Fi in 2015 to the social media fueled protests in July 2021 Cubans' community driven digital innovations he suggests could be models for potential alternatives to the current Big Tech dominated internet Each chapter in *Island in the Net* is accompanied by a multimodal anthropology work a video game interactive installations video art an ethnographic documentary and an expanded cinema installation These unique media created with Cuban artist Nestor Sir and other local collaborators and accessible to readers via a QR code bring the book's argument vividly to life

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and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they re not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what s most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here s what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it s taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it s a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you re working out at home you re responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we d rather avoid right now And the good news is that s something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that take the guesswork out for you and will give you the whole exercise plan

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