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Stay In Shape at Home | 7 Effective Exercises | Mike Rashid



Day 1: Chest and Triceps Starting the week strong, Rashid targets the chest and triceps. This Mike Rashid workout routine is all about heavy compound movements and finishes with some targeted accessory work. Bench Press: 4 sets of 8-12 reps Incline Dumbbell Press: 4 sets of 8-12 reps Dips: 4 sets until failure

Upsells - Mike Rashid



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Mike Rashid King - Ambrosia Collective



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The ULTIMATE Shoulder Workout | Mike Rashid - YouTube



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Mike Rashid — Complete Profile, Workout and Diet Program



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Mike Rashid At Home - Mike Rashid



Leg day! Warm-ups. Barbell pause-rep squat (405 lbs) - 3 sets x 10 reps. Reverse lunges (135 lbs) - 3 sets x 10 reps. Dumbbell goblet squat - 4 sets x 10 reps. Leg extensions - 4 sets x 12 reps. Before an intense leg workout, Mike does a little stretching and then a few warm-up sets using 135 and 225 lbs respectively.

Mike Rashid Alpha Shred Online Training - Nutrition Coaching - Challenges



Mike Rashid At Home - Mike Rashid Stuck inside? Lose weight, stay active, and get fit during the lockdown with OVERTRAINING: At-Home Edition. No equipment needed. 60 Day At-Home Workout Program Professional Video Instruction Download Your Workout Program For Just \$5. 60 \$64. 95 \$5. 60 Download Now

Kinetic Pre- Workout | Mike Rashid Slow Progress at Gym - YouTube



245lbs X 3 reps. Set 5. 185lbs X max reps (working set) Set 6. 185lbs X max reps (working set) Any of these options represent a typical Mike Rashid progression on presses. If done properly, your shoulders should feel fried. Now is the time when the BCA's come in handy, because we aren't done.

Mike Rashid's Training split and Pre Workout iX3 Vlog - YouTube



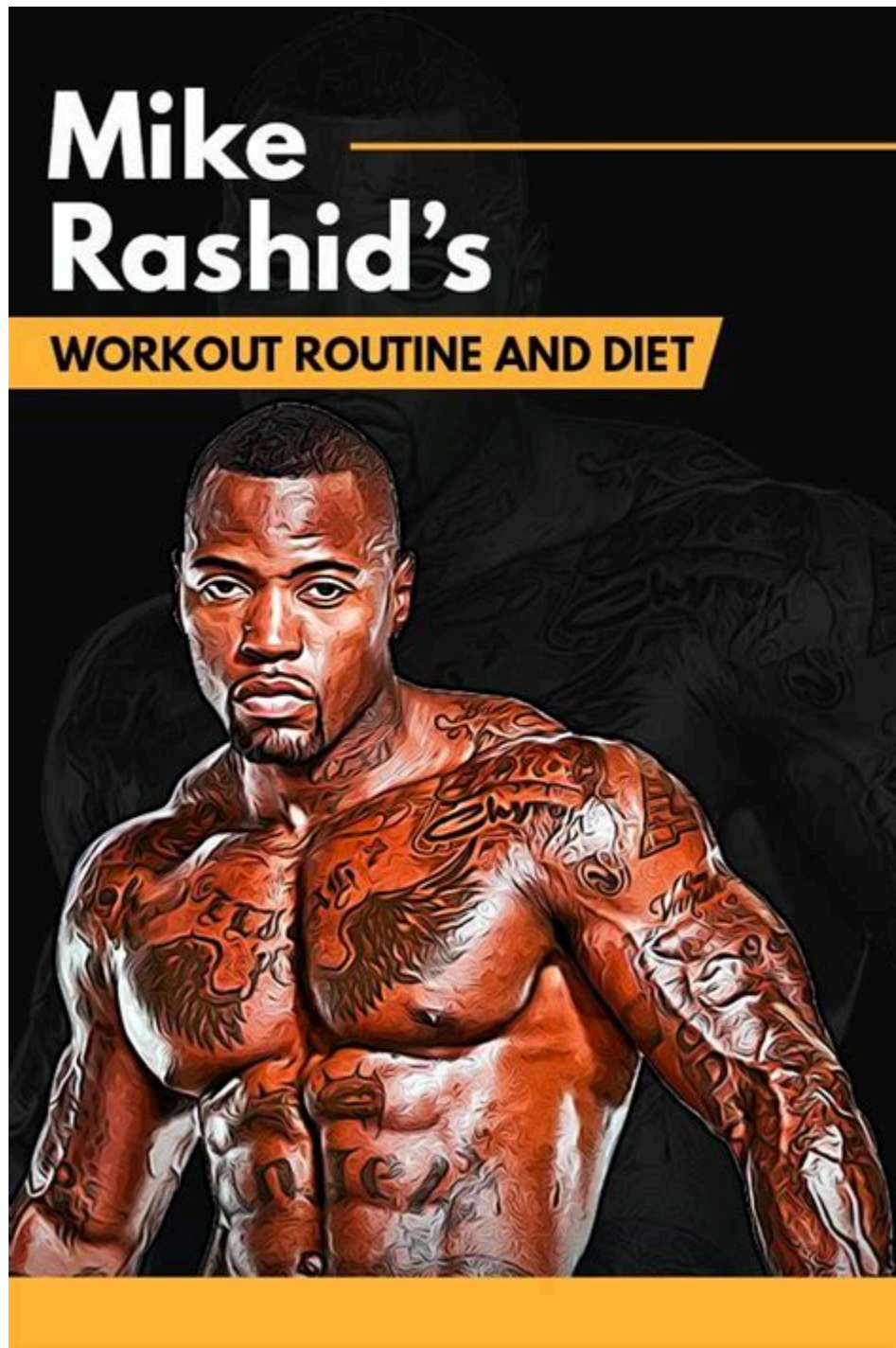
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Mike Rashid's Training split and Pre Workout iX3 Vlog Mike Rashid 1. 45M subscribers Subscribe 989
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Mike Rashid's Workout Routine & Diet (Updated 2023) - Jacked Gorilla



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Kinetic Mushroom Enhanced Pre-Workout - Ambrosia Collective



Sunday- Rest Mike Rashid Workout Routine Mike Rashid's workout plan is based on the concept of pushing through the limits. Mike is known for training his muscles past a point where most lifters tend to give up. Rashid performs most of the exercises in his workout program in the high rep range.

eBooks by Mike Rashid - Ambrosia Collective



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Overtraining Reloaded - Mike Rashid



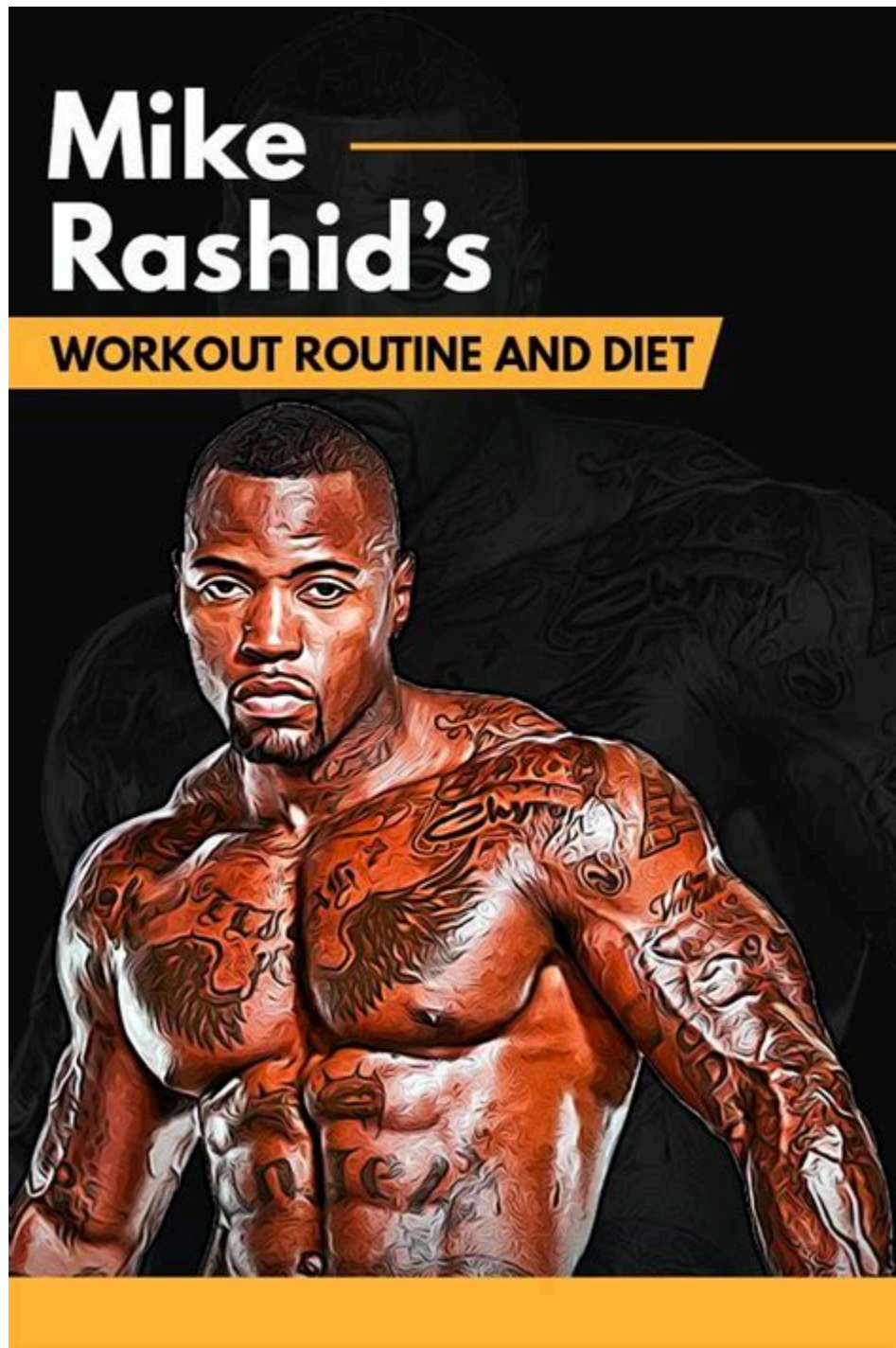
Mike will typically do 2-3 warm up sets of bodyweight squats, to get him prepared for the motion. You can even achieve a light pump, so your legs are warm before squatting. 1st exercise: Barbell squat 5 x 6-12. 2nd exercise: Single leg leg press 4 x 10-12. 3rd exercise: Hack squat 4 x 8-10.

Mike Rashid Workout Routine | Dr Workout



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Mike Rashid Diet and Workout Plan - Protein Teacher



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Kinetic Pre-Workout | Ambrosia Collective - Nutrition Cartel



1. Barbell bench press (4 sets, 6-10 reps) 2. Incline bench machine (4 sets, 8-12 reps) 3. Incline dumbbell press (4 sets, 8-12 reps) 4. Bodyweight pushup (5 sets to failure)

No Gym? No Problem | More Home Workouts | Mike Rashid



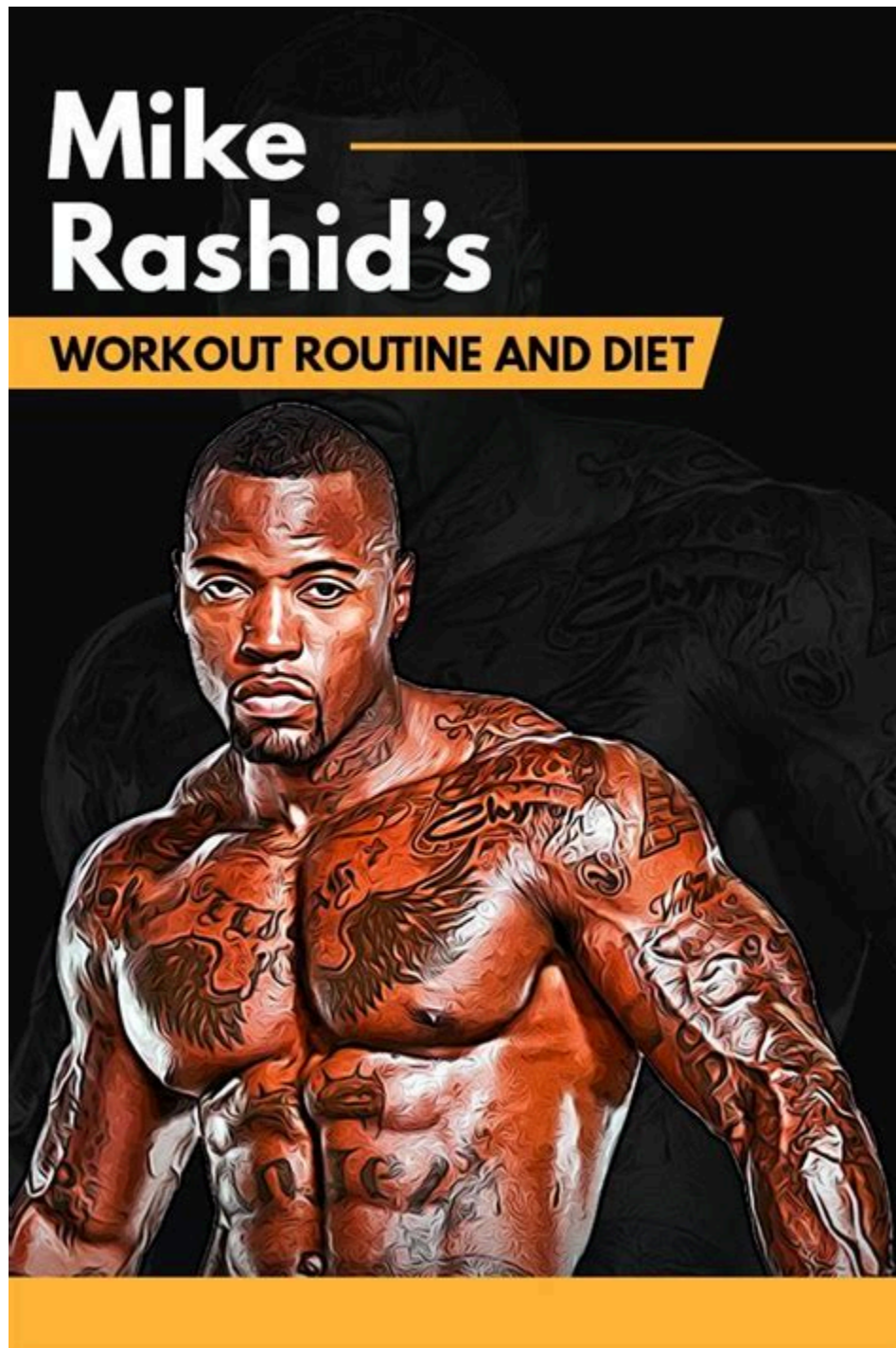
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Mike Rashid Workout Routine and Diet (Free Meal Plan)



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