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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 3-week phases totaling nine weeks.. Neil Hill has worked with some of the biggest names in bodybuilding, and developed his training program based on what he had learned and experienced as a coach.

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Y3T is a unique 3-dimensional program formulated for packing on lean dense muscle, because it hits every aspect of the muscle within a short period of time. This program hits both your fast and slow-twitch muscle

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fibers and also focuses on stretching the fascia, connective tissue fibers that wrap around the muscles.

~~Neil Hill Y3T Training—The Yoda 3 Workout Program ...~~

Photos by Charles Lowthian Y3T (Yoda 3 Training) is the brand name of my training method, which incorporates a three-week structure based on utilizing low, medium, and high reps with varying training volumes and rep tempos to target all muscle-fiber types. Other people put the “ Yoda ” tag there. The ideology of Y3T has grown from...

~~Build Mass, Lose Fat, and Get Crazy Strong | Muscle & Fitness~~

Neil Hill Y3T Ebook - Bodybuilding.com Forums News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more.

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Y3T will also lean you out, showcasing your newly-gained muscle. In particular, the high reps of Week 3 will turn you into a furnace, melting fat stores off your body. Start The Program. Download the Y3T 9-Week Calendar » Y3T switches rep ranges every week to help you build maximum muscle and strength.

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Last year, I put FST-7 to the test. Now, I am going to do the same for the Neil Hill's Y3T system. People throughout the UK swear by it and now it is making headlines here in the US. Learn more about Y3T right here.

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Y3T (Yoda 3 Training) has become synonymous with adjectives pertaining to extreme intensity. “ Hell Week ” is another perfect description of Y3T, especially when we ’ re talking about Week 3, which has gained an infamous reputation because of the high-rep brutality on your muscles.. This is not just for “ effect, ” though.

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