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## **Russian Strength Training Manual**

The Strength Protocol is a classic calisthenics 30-day program based on the traditional split of X-number of sets per exercise before you move on to the next. It is a strength and size oriented program designed to level up your

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physical capabilities through the hyperloading of specific muscle groups and through the exercise progression - the exercises get harder as you go from day to day.

## **Strength Protocol - DAREBEE**

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demonstrated, however, that even in novice athletes a 10-week strength training program accompanied by testosterone enanthate at 600 mg/week may improve strength more than training alone does. ... In response to the success of Russian weightlifters, ...

## **Anabolic steroid - Wikipedia**

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