



I'm not robot



I am not robot!

More coming soon This video, Week Workout 1, can be done Monday/Wednesday/Friday for great benefit long after you've graduated from the XWeek Program The X3 Bar comes with an easy-to-follow Week Training Program including full-body muscle-developing workouts. I recently picked up a used X3 Bar set, and was looking into more information about the week program, but it looks like the content is locked unless you purchased the set new Follow the X3 week workout program and start building the body of your dreams through variable resistance, streamlined nutrition, and science-backed workout principles X3 Week Program Roadmap. how to use x3 best practices. Be sure to follow the schedule in the table below that corresponds to your current week. This allows for optimal muscle growth and recovery The first video in our video X3 Training Program is now available! In our program roadmap, we review a few factors that are critical to your success with X3 at each stage of the journey. View individual exercise tutorial videos prior to performing each movement This document outlines a week gym workout program created by Murshid Akram to help with body transformation goals of strength and muscle gain. The program is broken up into two parts: Week 1-4 and Week 5- Our program follows a classic push-pull split. In our program roadmap, we review a few factors that are critical to your success with X3 at each stage of the journey. For example, if you are in Week 2, follow the routine under "Weeks 1-4." Title: x11_INSERT_F_OL Created Date/2/AM Weeks (and onwards) DayPush Day. DayPull Day. DayPush Day. DayPull Day. DayPush Day. DayPull Day. DayRest Day. As you progress into Week 5, you can consider replacing the Front Squat with the Split Squat and add the Pec Crossover in your Push Day workouts X3 Week Program Roadmap. Below are five exercises that you can go through back-to-back before resting for minutes. Start this push-pull split routine to build muscle, increase strength, and transform your body , week program. Thoughts, suggestions, Watch this X3 intro video before beginning the week program. The program follows a Has anyone used the X3Bar for weeks straight? Do this for three sets in total and should feel the burn: Bicep Curls; Front Squats; Shoulder Presses; Good Mornings; Chest Presses The week program suggested when you first buy x3 has you starting out at workouts per week, alternating between the push and pull QUICK START GUIDE. If so, what are your thoughts about the system and have you noticed any increases in muscles? GREATER FORCE, GREATER GAINS. The program is broken The X3 week workout and nutrition programs are only available for X3 customers. Dr. Jaquish explains how X3 works and walks through key principles that will help transform your body.