

Y3t Ebook

Chapter 1 : Y3t Ebook

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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 fibers and also focuses on stretching the fascia, connective tissue fibers that wrap around the muscles. the fascia can restrict the growth of your muscles by limiting the amount of room that's available for new muscle growth. Today you are going to test drive my y3t training system. i'm going to share with you a special sort of y3t workout, an infamous one with a reputation for challenging all kinds of athletes. it's a "week 3" leg workout. i'll warn you now, it's going to be f***ing tough and it's going to hurt the next day or two! but i want you to know how serious i am about your results, and to show you that you need to know how serious my training plans are. Subscribe to the y3t newsletter for top nutrition, training and supplementation tips from neil hill

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Today you are going to test drive my y3t training system. i'm going to share with you a special sort of y3t workout, an infamous one with a reputation for challenging all kinds of athletes. it's a "week 3" leg workout. i'll warn you now, it's going to be f***ing tough and it's going to hurt the next day or two! but i want you to know how serious i am about your results, and to show you that you need to know how serious my training plans are.

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