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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.

Neil Hill's Workout Program - Gettin' Huge With Y3T ...

You can use Y3T forever if your primary objective is to build more muscle, burn fat, improve performance, and stay injury-free. Rather than another training technique to try short term, Y3T is a fully comprehensive, three-dimensional overview of how to train correctly for optimal body-composition changes.

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

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.

Y3T Training - Flex Lewis Store

Y3T Shop. Visit the Y3T shop to access educational ebooks written by Neil Hill and official Y3T merchandise! Neil Hill has published a full library of educational ebooks which in their entirety extend to over 500 pages (collectively) of highly informative, in-depth information which give you unrivalled details on the use of Y3T, nutrition and his own principles in order to accelerate muscle ...

Y3T

Neil Hill is the creator of Y3T, a training

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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.

Y3T Workout System - Yoda Three Training

This is why I've written the Y3T Mass Edition 1 eBook, to help you build muscle quicker and easier. Get The Y3T Lean Mass Edition 1 This is the first time I've ever written an eBook purely dedicated to building muscle.

Y3T Mass Edition 1 Ebook

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

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reputation because of the high-rep brutality on your muscles.. This is not just for “effect,” though.

The Brutally High-Rep Y3T Training Plan for Serious Gains ...

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Subscribe to the Y3T Newsletter for top nutrition, training and supplementation tips from Neil Hill ... 100% Free Advice. Our subscribers are amazed with the advice that we give away for FREE every day. Learn From The Best. Neil coaches the very best stage athletes in the world, including Flex Lewis, Ryan Terry, Roman Reigns, Steve Laureus, Jon ...

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Neil Hill is a world renowned body composition expert, best known for coaching elite athletes including 7 times 212 Mr. Olympia Flex Lewis, Physique sensation Ryan Terry, Arnold Classic champion Alex Cambroner, WWE Superstar Roman Reigns as well other world class athletes such as Jon De La Rosa, Steve Laureus, Cody Drobot and Mike Sommerfeld.

Y3T Disciple!

Neil "yoda" hills Y3T training. Has any one tried Neil's Y3T style training

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program? If so what did you think of it? Neil hill is flex Lewis and James llewelins couch if you've never heard of him, I was gonna buy the program book but he has a new one out soon so gonna hang on for that one.I signed up to his free email thing, he sends you out training advise everyday , and he has sent me a few ...

Neil hill - y3t - any one bought the ebook or tried it ...

Y3T Workout System - Yoda Three Training - Muscle and Brawn. Apr 07, 2020 ... 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 ...
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