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been created by
Men's Fitness
editor Jon Lipsey,
who lost 10kg in
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that he followed
the plan, and
landed himself on
the cover of the
Men's Fitness July
2018 issue.

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The plan is broken in three “splits” of two body parts followed by a conditioning circuit. In total, four days will be spent in the gym while others are reserved for rest and/or cardio. You may follow the plan for four, six, or

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eight weeks. This
will be the year you
dramatically
change the
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body: big-muscle exercises, metabolic conditioning, intensity, and diversity. Put it all together, and you have a routine designed to build...

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If, like me, you're a total novice in the gym this is perfect.

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about more than
workouts. It's
about finding the
right state of mind,
and igniting what
triggers your
motivation. For
45-60 minutes per
day, your number-
one priority is to hit

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the gym and give
your all. And while
pounding away,
rep after rep, think
about everything
you want to
achieve.

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Schedule. 5 days a
week for 6 weeks.

Warm-up. Begin
with 5 minutes of
limbering exercises
such as side-to-
side lunges,
shoulder rolls and

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arm circles.
Beginner Rx. If
you've never done
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perform only ...

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Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming and strength training. Try high-interval intensity training. In high-interval intensity training, you perform short bursts of high-

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Intensity activity separated by recovery periods of low-intensity activity. Allow time for recovery.

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