



A Definitive Guide To Daily Undulating Periodization: Exclusively for Powerlifters and Bodybuilders

Chris Marzarella

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"Variety in training is better than no variety at all."

This book provides detailed information regarding everything you need to know to give you better understanding about Daily Undulating Periodization (DUP). This is one of the most popular methods in strength training and is fast becoming a better protocol to get stronger and bigger. This book is easy to follow and can be used for competitive athletes of all kinds who train for strength or size. Personal trainers need this information because the business relies on results!

The detailed e-book gives pertinent information on when to change reps and sets, when to "overreach" and how to "deload" a trained athlete. It also provides details on what to do when entering the off-season and when to peak for a contest or meet in the smartest ways possible.

Know what to do before going into the gym or training with a client.



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Renee Chagnon:

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