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From Average to Savage: How to Savage Grind Your Way to ...

During the Average to Savage program, I saw tremendous gains on my deadlift. At the end of the program, I pulled an easy

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515. My squat saw a great increase too, as I hit a seriously difficult but definitely clean 385. Finally, thanks in part to the tools included with the program, I was able to really focus on rehabilitating my shoulders and have never felt stronger on the bench. I pressed 255 ...

The Training Toolkit □ Stronger by Science

I followed gnuckol's Average to Savage from Nov-Jan. The Program. A->S is a 16 week macrocycle that consists of 4 x 4week micro cycles. Both the micro and macro cycles start with high volume and taper towards high intensity. The 3rd 4week block ends with 3RMs, the 4th 4week block is meant to taper to a meet and end with 1RMs; I skipped this last block. I was able to complete the initial 12week ...

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[Program Review] Average to Savage :
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Welcome To Average To Savage ☐

Average To Savage

Buy the stuff!), Average to Savage is a 4-month program that incorporates elements of block and weekly undulating periodization. It revolves around the typical Squat/Bench/Dead/OHP template and encourages the addition of accessory work to address your weaknesses.

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From Wikipedia, the free encyclopedia
The Average Savage is the second album
from Canadian First Nations hip hop duo,
Snotty Nose Rez Kids. It was released

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independently in 2017 and served as a follow-up to their self-titled debut. The album was a critical success, propelling the duo into the national spotlight.

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3:07 PREVIEW Sweet Relief. 4. 3:52
PREVIEW Monsters. 5. 3:40 PREVIEW
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Without a Plan. 8. 3:46 PREVIEW Mirror.
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