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Apr 10, 2020 - If you're looking for a weight-bearing workout, this is the best home weight-bearing workout because it's a full-body routine that leaves no muscle ... Read more Apr 10, 2020 - If you're looking for a weight-bearing workout, this is the best weight-bearing home workout because it's a full-body routine that leaves no muscle unexercised. It's not a super easy weight training routine, but it's pretty easy, and if you're prepared, you can improve your physical abilities. If you already have some basic knowledge of weight training, you can take advantage of it. This split is the best because you can easily find time for it and use it with almost any workout schedule. It's also a great way to prepare for the big weights - you train with relatively small weights so you don't exhaust your muscles before your main weight training starts, but as a preparation for the big weights What is a split workout? Split workout translates to "split" or "split". This workout is a workout that consists of separate, time-spaced exercises. For example, one day you are doing legs and squatting, the next day you are lifting shoulders, the next day you are squatting with a ball, and the next day you are squatting with a barbell. The split-scheme training not only varies the training process, but also allows the athlete to train with different weights in each workout and to change the training program. All this together with the gradualness increases the results and contributes to the improvement of the athlete's performance. Leg workout example Squat with dumbbells 8 kg Bench press 4 kg Bench press 10 kg Leg curls 5 kg Bench curls 10 kg Toe raises 4 kg Squat with ball 8 kg Bench Press 20 kg Bench curls 8 kg Dumbbell squat 8 kg Kick press 10 kg Deadlift 4 kg Push-ups on bars 4 kg (hand strength) Floor push-ups 4 kg (hand strength) Biceps curls 4 kg Extension in Smith's lifter 4 kg Dumbbell curls Dumbbell biceps curl 2 kg Lifting barbell on biceps 2 kg Bench press 2 kg Bench press with backward shift 2 kg Bench press 3 kg Neck curl 3 kg Arms curl on a Scott Bench 3 kg Bench press 3 kg Arms curl with dumbbells at 3 kg Dumbbell arm curl 3 kg Arms curl with dumbbells on a Scott Bench 4 kg Arms curl with barbell while standing with wide grip 3 kg Bench curl 3 kg Arms curl with barbell 4 kg Arm curl with dumbbells on a Scott Bench 4 kg

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