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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 growth, enhance fat loss and significant performance improvements.

Y3T

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. Everything you need to know to build muscle is in this eBook, including:

Y3T Mass Edition 1 Ebook

Also contributing greatly to this eBook is Dr. Paul Rimmer who joined Team Y3T in 2014 as "Head of Sciences." Within his time at Team Y3T Dr. Rimmer has worked very closely with Neil Hill to create what is regarded as one of the most advanced online distance learning courses in the world of fitness, under the Neil Hill Academy.

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Over 80 pages of content which will educate you on EVERYTHING you need to know about Y3T (twice the size of Edition 1!) Learn about how Y3T developed from a training system used with a select few athletes, to becoming the FASTEST growing training system in the bodybuilding & fitness world today!

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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 '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 | Muscle - Brown

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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 Y3T Training - The Yoda 3 Workout Program -

Photos by Charles Lowthian Y3T (Yoda 3 Training) is the brand name of my training method, which incorporates a three-week structure based on utilizing low, medium, and high reps with varying training volumes and rep tempos to target all muscle-fiber types. Other people put the "Yoda" tag there. The ideology of Y3T has grown from...

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

Neil Hill Y3T Ebook - Bodybuilding.com Forums News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more.

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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

Last year, I put FST-7 to the test. Now, I am going to do the same for the Neil Hill's Y3T system. People throughout the UK swear by it and now it is making headlines here in the US. Learn more about Y3T right here.

Taking Y3T For A Test Drive: Introduction To Y3T -

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