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Y3T

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 ...

Y3T Training Flex Lewis wasn't born with boulder shoulders or abs of steel. He built them with intense training, precision nutrition, and the expert guidance of longtime trainer Neil "Yoda" Hill —training and nutrition coach, and creator of Y3T. Hill's been in this game a long time, and he makes nothing less than champions.

Y3T Training – Flex Lewis Store

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 | M+B

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. High-rep training within the Y3T cycle is a more intense hypertrophy ...

The Brutally High-Rep Y3T Training Plan for Serious Gains ...

You can use Y3T forever if your primary objective is to build more muscle, burn fat, improve performance, and stay injury-free. Rather than another training technique to try short term, Y3T is a fully comprehensive, three-dimensional overview of how to train correctly for optimal body-composition changes.

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

Y3T was constructed by Neil ' Yoda ' Hill, retired IFBB Pro Bodybuilder and coach to 212 Olympia champ Flex Lewis and Zack ' King ' Khan. The concept behind the program is a 3 week cycle, focusing of various rep ranges to target the three different muscle fibers. Week 1 targets the fast twitch muscle fibers (Type 2B), week 2 targets the fast twitch muscle fibers (Type 2A) and week 3 ...

Y3T Training | Week 1 | Blog

TRANSFORMATION PROGRAM Who ' s this program for? The 12-week transformation program is one of the most popular programs with over 60% of online coaching clients opting for this package.

TRANSFORMATION | Y3T

When you become a Y3T online coaching client you can be sure Neil really is the person who ' s coaching you. You ' ll have personal access to Neil ' s WhatsApp, as well as the ability to have video and audio calls when necessary. Do other coaches offer this level of personal interaction? Highly unlikely! Why? because they ' re not the ones coaching you.

Online Coaching | Y3T

Neil Hill is the founder of Y3T training and is a coach to some of the world ' s most elite athletes today, having also coached many high profile celebrities and corporate business personalities. As well as coaching at the highest level Neil also enjoys coaching a very broad spectrum of clientele from all over the world in order to help them achieve their best possible results. This is very ...

Neil Hill | Y3T

BOOK YOUR FREE TOUR & FREE GYM SESSION* Home - Blog - Y3T WORKOUT ROUTINE. Y3T WORKOUT ROUTINE. 28-06-2026. Workout Routines. More details on the Y3T workout routine to come soon! Click on an image to view full size SEARCH BLOG. CATEGORIES. Workout Routines (9) Business (3) New Equipment (2) Media (2) ...

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Y3T Mass Edition 1 Ebook

THE Y3T STORY. Neil Hill is the pioneering coach behind the world famous training system, Y3T. The Y3T training system has become synonymous with elite results because of all of the superstar names associated with this hyper effective workout protocol. By adopting the very same training system which has delivered many champions, you will experience...

THE Y3T STORY | Y3T

Start Y3T: Neil Hill's 9-Week Hardcore Video Trainer for FREE today! Join BodyFit Elite today to unlock the app for this fitness plan, and many others, in the Apple and Google Play stores! You'll be able to track your workouts, nail your nutrition plan, stock up on supps, and get fit on the go.

Y3T: Neil Hill's 9-Week Hardcore Video Trainer ...

Y3T Training Week 3 diary The final stage to the Y3T program is a crazy high volume week which Y3T creator Neil Hill refers to as Total Annihilation Week. In week 3 we ' re hitting the slow twitch muscle fibers which are best targeted with controlled reps any where from 20 – 100 reps which is why this week we introduce drop sets, rest pause and super sets to really exhaust the muscles

Y3T Training Week 3 | Blog - Bodybuilding Warehouse

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When you buy the NEW Official Guide to Y3T Training EDITION 2, Here's What You'll Get . . . 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 ...

Y3T Official Guide To Training Edition 2

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