

Sistemi di allenamento:

The Bigger Faster Stronger Program:

<http://www.elitefitness.com/forum/sh...hreadid=287915>

Bill Starr's beginners 5x5

<http://www.strengthcats.com/classicfootball11.htm>

Bill Starr/Madcow2 5x5 Programs

http://www.geocities.com/elitemadcow...nts_thread.htm

5x5 Official Discussion Thread:

<http://forum.bodybuilding.com/showthread.php?t=667998>

Needsize's 5x5

<http://www.xtrememass.com/forum/showthread.php?t=159>

Mark Rippetoe Program

<http://forum.bodybuilding.com/showthread.php?t=998224>

<http://forum.bodybuilding.com/showthread.php?t=750551>

<http://forum.bodybuilding.com/showth...ghlight=riptide>

Max-OT Training

<http://www.freedomfly.net/Documents/MAX-OT.pdf>

<http://forum.bodybuilding.com/showthread.php?t=508611> Max OT for Dummies

http://www.ast-ss.com/max-ot/max-ot_intro.asp

Westside Training:

www.westside-barbell.com

<http://www.ironaddicts.com/articles/westsidemod.htm>

http://www.defrancostraining.com/art...s_westside.htm

<http://www.xtrememass.com/forum/showthread.php?t=160> What is Westside Training?

<http://www.xtrememass.com/forum/showthread.php?t=370> WSB for Athletes

<http://www.anabolicminds.com/forum/showthread.php?t=822> Westside Training

<http://www.ironaddicts.com/forums/showthread.php?t=3396> 4 Westside variations

<http://www.ironaddicts.com/forums/showthread.php?t=2530> Collection of articles

<http://www.ironaddicts.com/forums/showthread.php?t=2626> Another WSB Sample Routine

HST (Hypertrophy Specific Training):

http://www.hypertrophy-specific.com/hst_notes.html Training Principles

<http://forum.bodybuilding.com/showthread.php?t=280813> HST for Dummies

<http://forum.bodybuilding.com/showthread.php?t=714401>

<http://www.anabolicminds.com/forum/s...ead.php?t=1165>

HIT (High Intensity Training):

<http://www.muscletalk.co.uk/article-hit-training.asp>

<http://www.anabolicminds.com/forum/showthread.php?t=798>

<http://www.naturalstrength.com/resea...?ArticleID=207>

Dante's Dogg Crapp Method

<http://cybermessageboard.hypermart.n...topic.php?t=24>

<http://www.xtrememass.com/forum/showthread.php?t=2>

<http://intensemuscle.com/showthread.php?t=4944>

<http://dc-training.blogspot.com/>

<http://www.elitefitness.com/forum/sh...hreadid=281068>

German Volume Training (GVT)

<http://www.anabolicminds.com/forum/showthread.php?t=659>

<http://www.strengthcats.com/CP-GVT.html>

<http://www.bodybuilding.com/fun/luis13.htm>
<http://forum.bodybuilding.com/showthread.php?t=775282>

Advanced German Volume Training (AVGT)

<http://www.t-nation.com/readTopic.do?id=658759>
<http://www.bodybuilding.net/showthread.php?t=760>

Optimized Volume Training (OVT)

<http://www.t-nation.com/findArticle.do?article=257ovt2>
<http://www.t-nation.com/readTopic.do?id=459276>
<http://forum.bodybuilding.com/showthread.php?t=713696>

Lee Hayward 12 Week Program

http://www.leehayward.com/workout_programs/index.htm

Vince Gironda 8x8

<http://www.bodybuildingforyou.com/articles-of-8-2.htm>

Mike Mentzer Heavy Duty HIT Program

<http://www.musclenet.com/mikementzerheavyduty.htm>

Arnold Workout Routine

http://www.askmen.com/sports/bodybuilding/fitness_tip.html

Triple H Workouts

<http://www.criticalbench.com/triple-h-workout.htm>

The Rock and other WWE Training Routines

<http://forum.bodybuilding.com/showthread.php?p=100510>

Squats n Milk Program

<http://anabolicminds.com/forum/fla-t-n-milk.html>

Powerlifting and Foundational Programs

<http://www.weightliftingdiscussion.com/routines.html#5>

Frankie NY's Mass Building Program

http://www.muscltalk.co.uk/Frankie_NY's_Mass_Building_Program/m_8817/tm.htm

S.A.I.S Mass Building Routine

<http://www.bodybuilding.com/fun/jeff1.htm>

How To Build Bigger Biceps In 3 Easy Steps by Jeff Anderson:

<http://www.bodybuilding.net/training/jeff-anderson-2016.html>

Wanna Be Big Workouts 1-3

<http://www.wannabebig.com/category.php?cat=4>

24 Workout Mass Blitz

<http://abcbodbuilding.com/bulking%20level%20level.php>

Muscle Blitz Training Routines

http://www.muscleblitz.com/bodybuilding_routines.htm

IRON MANS BULKING AND POWERLIFTING ROUTINES:

<http://www.ironmagazineforums.com/showthread.php?t=60704>

IRON MANS BULKING DIET:

<http://www.ironmagazineforums.com/sh...ad.php?t=60703>

IRON MANS CUTTING ROUTINE:

<http://www.ironmagazineforums.com/sh...ad.php?t=60702>

IRON MANS FAQ:

<http://www.ironmagazineforums.com/sh...ad.php?t=59167>

Periodization

<http://www.bodybuilding.com/fun/keats2.htm>

Terrell Owens Workout

<http://www.abcbodybuilding.com/forum...?Number=979098>

HGM (Home Grown Muscle)

<http://www.menshealth.com/cda/articl...-0-199,00.html>

RR&D (Ripped, Rugged and Dense) 2.0

<http://www.ruggedmag.com/index.php?type=Article&i=3&a=8>

SDS (Sequential Development for Size)

<http://www.ruggedmag.com/index.php?type=Article&i=4&a=6>

Training for Maximal Size

<http://www.t-nation.com/findArticle.do?article=267max2>

Drop Sets for Size and Strength

<http://www.ruggedmag.com/index.php?t...ticle&i=11&a=5>

Death by Bodyweight

<http://www.t-nation.com/readTopic.do?id=459685>

EDT Phase 1 by Charles Staley

<http://www.t-nation.com/findArticle...rticle=196dens>

EDT Phase 2 by Charles Staley

<http://www.t-nation.com/readTopic.do?id=459764>

EDT For Arms by Charles Staley

<http://www.t-nation.com/readTopic.do?id=459874>

EDT for Fat Loss by Charles Staley

<http://www.t-nation.com/readTopic.do?id=459309>

Fox Sets

<http://www.anabolicminds.com/forum/s...ead.php?t=1048>

Basic Splits

<http://forum.bodybuilding.com/showth...hreadid=143006>

Conjugate splits/high frequency training:

<http://forum.bodybuilding.com/showth...hreadid=289834>

Extreme Stretching (to go along with DC):

<http://www.abcbodybuilding.com/magaz...stretching.htm>

<http://forum.bodybuilding.com/showth...89#post2046389>

Dual Factor Hypertrophy Training (DFHT)

<http://www.gettingripped.com/dfht.doc>
<http://forum.mesomorphosis.com/showthread.php?t=682>

Tri Phase Progressive Training (TP PT):

<http://www.mindandmuscle.net/content/page-249.html>

Abbreviated Training:

www.hardgainer.com
<http://www.bodybuilding.com/fun/shannon13.htm>

Russian Training

<http://forum.bodybuilding.com/showth...hreadid=305786>
<http://forum.bodybuilding.com/showth...hreadid=74669>

Pendulum Training

<http://www.t-nation.com/findArticle...ticle=296pend2>
<http://www.bodybuilding.com/fun/alwyn3.htm>

Ian's Top 10 Mass Makers

<http://www.t-nation.com/readTopic.do?id=483907>

Shoulders Overhaul

<http://www.t-nation.com/readTopic.do?id=469072>

Triple Threat

<http://www.t-nation.com/readTopic.do?id=459221>

Iron Addicts Top 5 lifting Routines:

<http://www.ironaddicts.com/forums/showthread.php?t=2428>

Basic Sled Pulling Routine by The Iron Addict:

<http://www.ironaddicts.com/forums/showthread.php?t=3653>

in The Beginning By Bob Youngs:

<http://www.ironaddicts.com/forums/showthread.php?t=3306>

2tough2die's Attempt at a 10x3 Program:

<http://www.ironaddicts.com/forums/sh...highlight=10x3>

Old-School 3 day per week Routine:

<http://www.elitefitness.com/forum/sh...ght=Old+School>

3x3 Training

<http://www.anabolicminds.com/forum/showthread.php?t=867>

Muscle Blitz Training Routines

http://www.muscleblitz.com/bodybuilding_routines.htm

Terrell Owens Workout

<http://www.abcbodybuilding.com/forum...?Number=979098>

Wanna Be Big Workouts 1-3

<http://www.wannabebig.com/category.php?cat=4>

Workout 24hr Mass Blitz

<http://abcbodybuilding.com/bulking%2...t%20level.php>

Cardio Discussion

<http://www.anabolicminds.com/forum/showthread.php?t=855>

Compilation of Basic Splits

<http://forum.bodybuilding.com/showth...hreadid=143006>

Conjugate splits/high frequency training

<http://forum.bodybuilding.com/showth...hreadid=289834>

Designing a Full Body Routine by Cowpimp:

<http://www.bodybuilding.net/training...pimp-2019.html>

Designing a Split Routine by CowPimp :

<http://www.bodybuilding.net/training...pimp-2017.html>

<http://www.bodybuilding.net/training...pimp-2018.html>

Extreme Stretching (to go along with DC):

[The bottom line on higher frequency training](#)

Fox Sets

<http://anabolicminds.com/forum/exerc...ster-sets.html>

How To Build Bigger Biceps In 3 Easy Steps by Jeff Anderson:

<http://www.bodybuilding.net/training...rson-2016.html>

Ian's Top 10 Mass Makers

<http://www.t-nation.com/readTopic.do?id=483907>

Olympic Lifts

http://strengthtraining.asimba.com/f...e_group68.html

Size Vs. Strength by The Iron Addict:

<http://www.bodybuilding.net/training...dict-2027.html>

Training Volume Affects Testosterone by WantingMuscle7:

<http://www.bodybuilding.net/training...erone-924.html>

Triple Threat

<http://www.t-nation.com/readTopic.do?id=459221>

High intensity Interval Training

http://www.askmen.com/sports/bodybui...tness_tip.html

The Official List of All of Charles Poliquin's Programs and Articles:

<http://forum.bodybuilding.com/showthread.php?t=703774>

The Official List of All of Dave Tate's Programs and Articles:

<http://forum.bodybuilding.com/showthread.php?t=702839>

The Official List of All of Christian Thibaudeau's Programs and Articles:

<http://forum.bodybuilding.com/showthread.php?t=687623>

The Official List of All of Chad Waterbury's Programs and Articles:

<http://forum.bodybuilding.com/showthread.php?t=643686>