

Download Dorian Yates Blood Guts 6 Week Trainer

5 Weeks of Workouts 5 WORKOUTS PER WEEK / 1 HOUR WORKOUTS Push beyond your limits and unlock new pathways of extreme growth as you follow the routines created by legendary six-time Mr. Olympia Dorian Yates. DORIAN YATES TRAINING - Leg Day Workout with Dorian | Inside The Shadow - UNCUT BONUS - Duration: 50:54. London Real 257,540 views This type of training dorian yates blood and guts training, is LOW FREQUENCY and LOW VOLUME, therefore the training needs to be extremely intense to get a stimulus from it. If you do NOT do forced reps (especially with this training) you are going to see sub-par results, in my opinion.