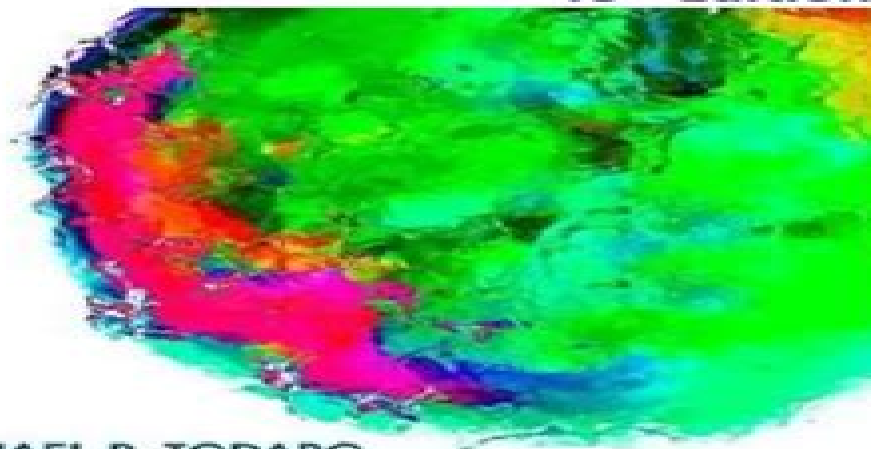


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**By Michael Todaro,**

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13<sup>th</sup> Edition



MICHAEL P. TODARO  
& STEPHEN C. SMITH

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web a macrocycle is simply a period of time maybe 4 6 weeks in which you set a very definite outcome and follow a very specific type of training here s how after a macrocycle of functional strength training i e 4 weeks you might then train for hypertrophy or increased bulk for 4 weeks another macrocycle

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