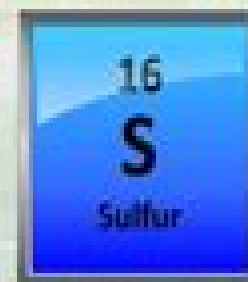
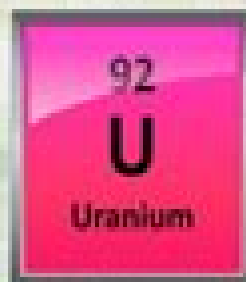
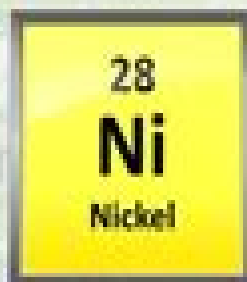
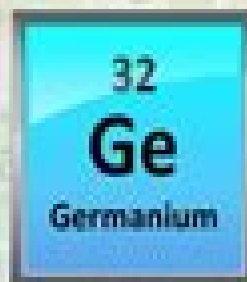
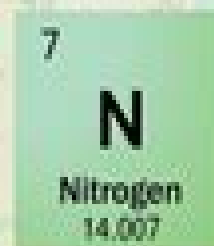
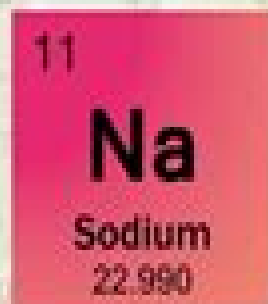
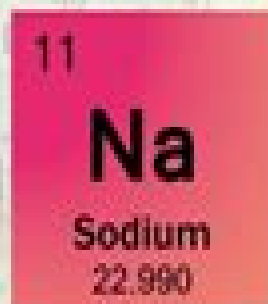
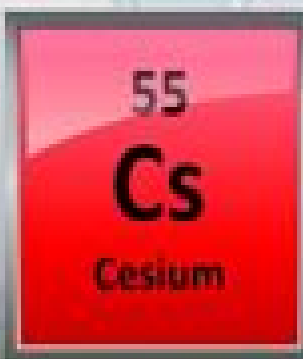
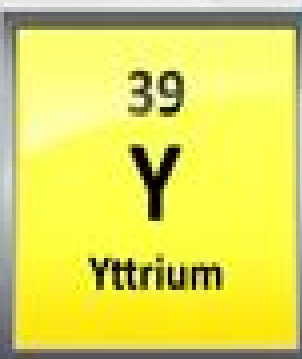
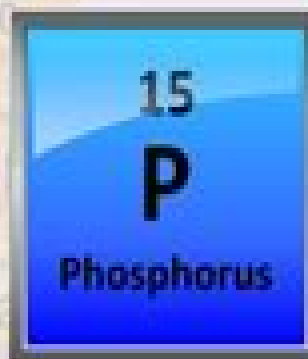


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Ensheng Dong

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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throughout a microcycle week in practice an example of dup would be 5 sets of 3 reps at 80 for squat on monday and 5 sets
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daily within the training period weekly undulating periodization wup changes the volume and intensity week to week and daily undulating periodization dup adjusts the volume and intensity daily between training