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### **George S. Patton: Blood, Guts, And Prayer (The Generals**

Blood, Guts & Glory is a retro-clone mash-up game that emulates a detailed and gritty set of rules from the 1980's with detailed weapon and critical damage charts, but simplified and combined with a more modern set of rules taken from the world's most popular role-playing game.

### **Blood, Guts and Glory - Gurbintroll Games - drivethrurpg.com**

The article was called "Dorian Yates: Blood & Guts 6 Week Trainer". You basically do 2 - 3 warm up set with progressively heavier weight and 1 all out set, about 3 to 4 exercise per body parts (depending with muscle your working).

### **Dorian Yates Blood and Guts training - Dave Draper**

I used to train like a madmen, only to realize if I trained less, and rested more, I was gaining way more! (Went from doing 15 sets for biceps, to maybe 6-8, and grew tremendously more) Now, in the comments so far, there's a thick layer of bullshit.

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