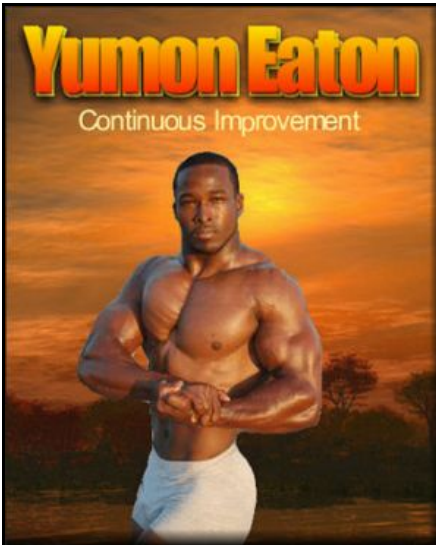




- HOME
- ARTICLES ▾
- FITNESS CALCULATORS ▾
- RECIPES ▾
- ATHLETES ▾
- EVENTS ▾
- USER MENU ▾

YUMON EATON

Written by Yumon Eaton



Yumon Eaton

Bodybuilder / Powerlifter

We featured natural athlete Yumon Eaton over a year ago because of his great attitude, exceptional physique and commitment to drug free excellence.

Well, Yumon is back, bigger and better than ever as he trains for the NAS Strongman Nationals.



This is what my training leading up to NAS Nationals will look like:

Monday: Pulling Muscles

Exercises – DeadLifts, Bent Rows, Barbell Shrugs, Lat Pulldowns, Barbell Curls, Alternating Dumbbell Curls, Hamstring Curls

Tuesday: OFF

Wed.: Lower Body & Abs

Exercises – Front Squats, Lunges or Zercher Squats, Extensions, Any Two Calf Exercises (ex's: Donkey Calf Raises, Standing Calf Raises, Seated Calf Raises, etc.), Cruches for Abs

Thursday: OFF

Friday: Pushing Muscles

Exercises – Standing Overhead Presses, Alternate Btwn. Close Grip Bench Presses & Incline Bench, Alternate Weekly Btwn. Side Laterals, Front Laterals & Rear Laterals, Skull Crushers

Saturday: OFF

Sunday: OFF



I PULL on Mondays because I am most interested in increasing my deadlift and I want to train this movement after my longest break. I do front squats instead of back squats because, again, I am trying to increase my deadlift at this time and I want to reduce as much strain to the lower back as possible.

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this time and I want to reduce as much strain to the lower back on non-deadlifting days as possible. Front squats are much easier on the lower back than are back squats.

Lift for Life would like to wish Yumon continued success as he trains for the North American Strongman Nationals. Having recently won the MuscleMania Universe Junior Division, Yumon has already proven that he is a force to be reckoned with.

Yumon Eaton Natural Bodybuilder / Powerlifter



[Click here](#) to see Yumon's original profile page.

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Looking great Keep up the great work

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sick man,sick...i like it big ups

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