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Also contributing greatly to this eBook is Dr. Paul Rimmer who joined Team Y3T in 2014 as “Head of Sciences.” Within his time at Team Y3T Dr. Rimmer has worked very closely with Neil Hill to create what is regarded as one of the most advanced online distance learning courses in the world of fitness, under the Neil Hill Academy.

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Neil Hill is the creator of Y3T, a training program that's taken the bodybuilding world by storm and was adopted by 7x 212 Mr Olympia James 'Flex' Lewis. The training program is based on three 3-week phases totaling nine weeks.. Neil Hill has worked with some of the biggest names in bodybuilding, and developed his

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Photos by Charles Lowthian Y3T (Yoda 3 Training) is the brand name of my training method, which incorporates a three-week structure based on utilizing low, medium, and high reps with varying training volumes and rep tempos to target all muscle-fiber types. Other people put the “Yoda” tag there. The ideology of Y3T has grown from...

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