

# FUSION 3

## BOOK 1



**MARKER REP TRAINING**

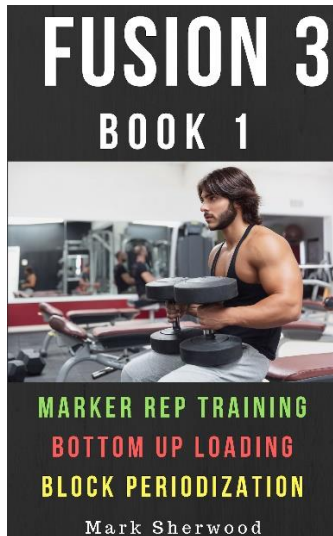
**BOTTOM UP LOADING**

**BLOCK PERIODIZATION**

Mark Sherwood

# Fusion 3

## Book 1



Mark Sherwood

The Fusion of Three Training Methods Into One Plan

1. Marker Rep Training
2. Bottom Up Loading
3. Block Periodization

For more information from the author visit:

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Fusion 3: Book 1

By Mark Sherwood

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## Introduction

**Fusion 3, Book 1** combines Marker Rep Training with a Bottom Up Loading plan. Marker Rep training and Bottom Up Loading are then combined into four different training blocks to form a Block Periodization plan. To put it simply, three different training methods are combined into a comprehensive training plan that includes:

1. Marker Rep Training
2. Bottom Up Loading
3. Block Periodization

If you have not yet read the books, **Marker Rep Training**, and **Bottom Up Loading**, you may find it helpful to read them as the details from these two books will make it easier to understand the concepts and methods that are discussed in this book. You can easily access **Marker Rep Training** and **Bottom Up Loading** by going to the home page of [precisoinpointtraining.com](http://precisoinpointtraining.com) and clicking on the cover you want to read.

The basic strategy behind **Fusion 3, Book 1** is to apply a progressive plan to warm up sets, work-sets, and training blocks. When a progressive plan is applied to each of these training factors, it enhances the overall training effect. You will see how to create this type of plan for your workouts as you read through **Fusion 3, Book 1**.

## Chapter 1

### First Things First: Warm up Sets



Most lifters are very focused on their heaviest set for each exercise, however, if you want to get the most out of your workouts, every set is important; including your warm up sets. Many lifters never bother to form a progressive plan for their warm up sets, but with Fusion 3 training, you will not overlook this important detail.

#### **Warm up Sets and Bottom Up Loading**

What kind of progressive plan can be used with warm up sets? One answer is **bottom up loading**. Bottom up loading simply refers to adding weight to your warm up sets starting with the lightest warm up set first. The lightest warm up set is the first warm up set that you perform and is also referred to as **the bottom set**. After adding weight to your bottom set, weight is then added to the second warm up set in a future workout. Weight will also be added to each successive warm up set in separate workouts until weight has been added to every warm up set.

#### **Why Bottom Up Loading?**

Why bother with adding weight to warm up sets when you can simply focus on adding weight to your work-sets? This is a good question as you can get by with simply focusing on adding weight to your work-sets for quite a while. However, what are you going to do if you reach a point where you get stuck and your work-set poundages don't seem to budge? It's then that you can take a different approach by adding weight to the lighter sets instead of only adding weight to your heaviest sets.

When you do warm up sets correctly, you train with weights that range from fairly easy to moderately hard to lift. If you gradually add weight to those warm up sets little by little over time, your body will gain strength in order to keep the gradual additions of weight from becoming more difficult to lift.

Bottom up loading is a gradual process, not a shock method based on trying to elicit rapid gains. It may not seem to make much difference at first, but the longer you systematically continue with bottom up

loading, the bigger difference it's going to make in the end. As you gain strength from adding weight to your warm up sets, it will contribute to your ability to perform your work-sets. This will eventually help you to achieve your goal of being able to increase the weight of your work-sets.

## Chapter 2

### Marker Rep Training For Work-Sets



Warm up sets will always be followed by work-sets, and work-sets will always consist of marker rep training. Marker rep training is based on stopping a set when you reach your marker rep.

#### **What is a Marker Rep?**

A marker rep occurs when you reach a rep in a set where you can no longer maintain a steady even rep pace. For example, if you can maintain a steady even rep pace for nine reps, but a longer pause or a noticeable decrease in rep speed occurs on the tenth rep, then the tenth rep is your marker rep. The first nine reps are called **strong reps** because you can maintain a steady even rep pace when performing them. In contrast, the marker rep is called a **weak rep** because it is slower and less forceful than strong reps. Stop when you reach your marker rep.

Marker rep training is designed to be performed in conjunction with forceful lifting, not slow lifting. If a lifter is performing reps in a forceful manner, the marker rep will generally occur before reaching the point of max reps to failure. For example, when performing marker rep training, a lifter may hit his marker rep on his tenth rep. If the same lifter were to continue to do as many reps as possible, he may be able to squeeze out two more weak reps to reach a total of twelve reps, however, this is not how you perform marker rep training. When performing marker rep training, the stopping point in a set occurs as soon as your rep speed or rep pace starts to slow down.



## Chapter 3

### Block Periodization



When designing a Fusion 3 training plan, bottom up loading and marker rep training will be organized into four training blocks to form a block periodization plan. The training blocks will each last three to four weeks. Each individual block will be uniform in nature which means that the same type of training is done throughout a training block instead of using a variety of different types of training within the same block.

The uniformity of a training block is based on the specific amount of reps that will be done for the work-sets throughout the entire training block. You can see how a different amount of reps are assigned to each of four different training blocks in the example shown below:

Block 1: 10 reps for three to four weeks

Block 2: 8 reps for three to four weeks

Block 3: 5 reps for three to four weeks

Block 4: 3 reps for three to four weeks

If you do a little math, you can see it will take twelve to sixteen weeks to make it through all four training blocks. The key to block periodization is to make progress in each training block. The method that will be used to accomplish this will be explained in the next chapter.

## Chapter 4

### The Goal For Each Training Block



Since marker rep training will be done in the context of four training blocks, you should be aware of the **starting goal** and the **final goal** of marker rep training for each training block.

#### **The Starting Goal**

The **starting goal** of each training block is to hit your marker rep when you reach the number of reps that corresponds to the training block you are in.

In block one, your starting goal is to choose a weight that causes you to hit your marker rep on your tenth rep. This means that you should choose a weight that will allow you to maintain a steady even rep pace for the first nine reps of each work set, but the tenth rep will be slower than the first nine. When you begin block two, choose a weight that causes your eighth rep to be your marker rep. In the same manner, select poundages that cause your marker rep to fall on the fifth rep for block three, and the third rep for block four.

#### **The Final Goal For Each Training Block**

When performing a given exercise, you will use the **same amount of weight and reps** throughout a specified training block. Your **final goal** by the end of a three to four week training block is to reach the point where you are strong enough to perform the required number of reps without needing to slow down when you reach the last rep (the marker rep) of the set. In other words, your marker rep will convert from a weak rep to a strong rep. An example of this would be helpful.

We will assume you are beginning with block one in which you are required to perform ten reps for each work-set. At the start of the training block, choose a weight that will allow you to perform nine strong

reps using a steady even rep pace, but when you reach your tenth rep, your rep speed will start to slow down. Your final goal is to gain enough strength so that you can do all ten reps using a steady even rep pace without needing to slow down when you reach the tenth rep. Likewise, when you reach the end of your second block, you should be able to do all eight reps using steady even rep pace. You should also finish with the ability to perform five even paced reps at the end of the third block, and three even paced reps at the end of the fourth block.

## Chapter 5

### Easier Is Progress



Why does your body gain strength when faced with a difficult lifting stress? It simply wants to make it easier for you to lift the same weight. This is exactly what happens when you get stronger. For example, if it's hard to lift 100 pounds, and you gain strength, 100 pounds will become easier to lift.

When performing marker rep training, the same amount of weight and reps should feel easier to lift by the end of a block. This is a sign of progress and is the exact goal that your body wants to accomplish when it gains strength. If you use this progression strategy, it will help you to avoid training plateaus that occur when lifters constantly try to make their training harder instead of allowing it to become easier for a time. Once the weights become progressively easier to lift over the course of a training block, then you increase the weight and make it harder when starting a new block.

## Chapter 6

### Percentages



As you continue to read through this book, you will notice that the workouts listed are made up of sets and reps, and percentages are listed next to the sets and reps. Since lifters vary in terms of how strong they are, specific poundages will not be listed with the warm up sets or work-sets, instead, the weights for each set will be listed in conjunction with a percentage of your single rep max (1RM) to indicate how much weight should be used for each warm up set. For example, if the maximum weight you can lift for a given exercise is three hundred pounds, your first warm up set will be written as:

1 x 10 35%

This means you are to perform one set of ten reps with 35% of 300 pounds, which would equal 105 pounds. As you continue to read through this book, each warm up set and work-set will have a percentage listed next to it. When you see a percentage, you simply use the designated percentage of your single rep max. This is done by converting the percentage into a decimal and multiplying it times your single rep max. For example,

35% converts to .35.

If you take 35% of 300, it would convert to  $.35 \times 300$  which equals 105.

#### **Percentages For Marker Rep Training**

If you are not sure how much weight to use in order to hit your marker rep on a specific rep, you can start by using the percentages of your single rep max (1RM) listed below.

Block 1: 10 reps: Use about 65% to 70% of your 1RM

Block 2: 8 reps: Use about 70% to 75%

Block 3: 5 reps: Use about 77% to 82%

Block 4: 3 reps: Use about 82% to 87%

**Percentages are Just Estimates**

I must emphasize that the percentages are just estimates to help you hit your marker rep when you reach a specified number of reps. If necessary, adjust the percentages so that your marker rep falls exactly on the number of reps that correspond to the training block you are working on.

## Chapter 7

### Sequential Bottom Up Loading



When a specified amount of weight and reps are difficult to lift, the basic strategy is to repeat enough workouts for the weight and reps to become easier to lift. This is the basic strategy that is used for work-sets when utilizing marker rep training. Warm up sets are different.

When performing warm up sets, the training stress is much easier than when performing work-sets. When a training stress is easy to moderately hard, the strategy is to keep making it slightly harder with gradual additions of weight. Under these conditions, your body's goal is to gain strength in order to keep the gradual additions of weight from becoming more difficult to lift. With this in mind, you will implement the use of gradual additions of weight to your warm up sets in the form of bottom up loading.

#### **Sequential Bottom up Loading**

The simplest bottom up loading plan consists of weekly sequential bottom up loading.

Bottom up loading is done when using warm up sets that grow progressively heavier from set to set. The lightest set is called the bottom set and is the first set that you add weight to. The loading process continues from the bottom up as you keep adding five pounds to one warm up set per week until enough weeks have passed to add five pounds to every warm up set.

In order to keep the explanation of bottom up loading as simple as possible, most of the examples will consist of three warm up sets for each exercise before doing marker rep training for your work-sets. This is true for each training block except the last training block in which four warm up sets will be used.

#### **Starting Poundages**

The first week of the first training block will consist of starting poundages for the following three warm up sets:

1 x 10 reps 35% of your single rep max (1RM)

1 x 10 reps 45% 1RM

1 x 10 reps 55% 1RM

### **The Bottom up Loading Cycle**

Beginning with the second week, the process of bottom up loading begins and continues through the fourth week. The basic strategy is to add five pounds to one warm up set per week starting with the lightest warm up set first. This means that for the first week of the loading cycle, five pounds will be added to the first warm up set, but the second and third warm up set will remain the same as the previous week. The written notation for this in the workout charts will appear as:

**1 x 10 35% + 5 lbs.**

1 x 10 45%

1 x 10 55%

Once you add five pounds to a warm up set, leave the additional five pounds on that warm up set for the rest of the training block. For example, since you added five pounds to 35% during the second week, it will remain at 35% + 5 lbs. for the rest of the training block.

### **Week 2 of the Loading Cycle**

During the second week of the loading cycle, you will add five pounds to the second warm up set. No additional weight will be added to the third warm up set. The written notation for the second week of the loading cycle will be written as:

1 x 10 35% + 5 lbs.

**1 x 10 45% + 5 lbs.**

1 x 10 55%

### **Week 3 of the Loading Cycle**

When you reach the third week of the loading cycle, an additional five pounds will be added to the third warm up set. This will be written as:

1 x 10 35% + 5 lbs.

1 x 10 45% + 5 lbs.

**1 x 10 55% + 5 lbs.**

The basic strategy is to begin with the starting poundages during the first week of the block, and to transition into a three week bottom up loading cycle for three weeks during weeks two through four of the block. This same type of loading strategy will also be utilized for the other three blocks, but the warm up weights will change slightly as you proceed from block to block. In addition, the fourth block will consist of four warm up sets instead of three. Because of this, the bottom up loading will start in the first week of the fourth training block instead of the second week. You will see this as you proceed to the next chapter.



## Chapter 8

### Block Training With Sequential Bottom Up Loading



When you combine marker rep training with bottom up loading, you have a progressive plan for both your warm up sets and your work sets for each exercise. The progressive plan is accentuated even more when you combine it with training blocks that become progressively heavier. The progression from one block to another across four blocks can be seen as you continue through the rest of this chapter starting with the first block of ten reps, which is shown on the next page:

<b>Block 1: 10 Reps for Work Sets</b>			
<b>Sequential Bottom Up Loading For 4 Weeks</b>			
<b>First Training Block at 10 Reps</b>			
<b>Week 1</b> <b>Starting Poundages</b>	<b>Week 2</b> <b>*Add 5 lbs. to set #1</b>	<b>Week 3</b> <b>*Add 5 lbs. to set #2</b>	<b>Week 4</b> <b>*Add 5 lbs. to set #3</b>
Warm up Sets 1 x 10 35% 1 x 10 45% 1 x 10 55%	Warm up Sets <b>*1 x 10 35% + 5 lbs.</b> 1 x 10 45% 1 x 10 55%	Warm up Sets 1 x 10 35% + 5 lbs. <b>*1 x 10 45% + 5 lbs.</b> 1 x 10 55%	Warm up Sets 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. <b>*1 x 10 55% + 5 lbs.</b>
Work-sets 10 reps 65% to 70%	Work-sets 10 reps 65% to 70%	Work-sets 10 reps 65% to 70%	Work-sets 10 reps 65% to 70%
<b>Procedures for Work-sets</b>			
<b>Use Marker Rep Training According to the details listed below:</b>			
After completing your warm up sets for an exercise, use 65% to 70% of your single rep max (1RM) so that your marker rep falls on your 10 <sup>th</sup> rep for your work sets. Do 10 reps per work-set.			
<b>Don't Add Weight To Work-Sets</b>			
When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for all four weeks. Your goal is to gain enough strength to do ten reps using a steady even rep pace by the end of the four week training block.			
<b>How Many Work-Sets?</b>			
Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your tenth rep. If you reach a set where your rep speed starts to slow down on your ninth rep instead of your tenth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.			

## **Block 2**

Once you have completed the first training block with ten reps, the next step is to move to the next four week training block with eight reps. Of course you will be using eight reps for all of your work-sets in block two, and you should choose a weight that causes your marker rep to fall on your eighth rep for each work-set. This will probably amount to a weight that is in the range of 70% to 75% of your single rep max. You should be able to do the first seven reps using a steady even rep pace, and the eighth rep should be somewhat slower than the first seven, however, by the time you finish block two, your goal is to gain enough strength to perform all eight reps using a steady even rep pace.

The bottom up loading plan combined with marker rep training for the second block is shown on the next page:

## Block 2: 8 Reps for Work Sets

### Sequential Bottom Up Loading For 4 Weeks

#### Warm up Sets

Week 1 Starting Poundages	Week 2 *Add 5 lbs. to set #1	Week 3 *Add 5 lbs. to set #2	Week 4 *Add 5 lbs. to set #3
Warm up Sets 1 x 10 35% 1 x 8 50% 1 x 8 60%	Warm up Sets <b>*1 x 10 35% + 5 lbs.</b> 1 x 8 50% 1 x 8 60%	Warm up Sets 1 x 10 35% + 5 lbs. <b>*1 x 8 50% + 5 lbs.</b> 1 x 8 60%	Warm up Sets 1 x 10 35% + 5 lbs. 1 x 8 50% + 5 lbs. <b>*1 x 8 60% + 5 lbs.</b>
Work-sets 8 reps 70% to 75%	Work-sets 8 reps 70% to 75%	Work-sets 8 reps 70% to 75%	Work-sets 8 reps 70% to 75%

#### Procedures for Work-Sets

**Use Marker Rep Training According to the details listed below:**

##### How Much Weight?

After completing your warm up sets for an exercise, use 70% to 75% of your single rep max (1RM) so that your marker rep falls on your 8<sup>th</sup> rep for your work-sets. Do 8 reps per work-set.

##### Don't Add Weight To Work Sets

When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for four weeks.

Your goal is to gain enough strength to do eight reps using a steady even rep pace by the end of the four week training block.

##### How Many Work-Sets?

Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your eighth rep. If you reach a set where your rep speed starts to slow down on your seventh rep instead of your eighth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.

### **Blocks 3 and 4**

After completing the second training block, you will spend four weeks on block three with five reps, followed by four weeks for the fourth block with three reps. If you look at block four carefully, you will notice that four warm up sets are done instead of three warm up sets. This is because the weights for the work-sets are heavy in block four and many lifters will find it necessary to do an additional warm up set to prepare for heavy lifting. When four warm up sets are used instead of three, the process of bottom up loading starts in the first week of the block instead of the second.

The bottom up loading plan combined with marker rep training is shown on the next two pages for blocks three and four:

<b>Block 3: 5 Reps for Work Sets</b>			
<b>Sequential Bottom Up Loading For 4 Weeks</b>			
<b>Warm up Sets</b>			
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Starting Poundages</b>	<b>*Add 5 lbs. to set #1</b>	<b>*Add 5 lbs. to set #2</b>	<b>*Add 5 lbs. to set #3</b>
1 x 10 35%	<b>*1 x 10 35% + 5 lbs.</b>	1 x 10 35% + 5 lbs.	1 x 10 35% + 5 lbs.
1 x 8 50%	1 x 8 50%	<b>*1 x 8 50% + 5 lbs.</b>	1 x 8 50% + 5 lbs.
1 x 5 65%	1 x 5 65%	1 x 5 65%	<b>*1 x 5 65% + 5 lbs.</b>
Work-sets	Work-sets	Work-sets	Work-sets
5 reps 77% to 82%	5 reps 77% to 82%	5 reps 77% to 82%	5 reps 77% to 82%
<b>Procedures for Work-Sets</b>			
<b>Use Marker Rep Training According to the details listed below:</b>			
<b>How Much Weight?</b>			
After completing your warm up sets for an exercise, use 77% to 82% of your single rep max (1RM) so that your marker rep falls on your 5 <sup>th</sup> rep for your work sets. Do 5 reps per work-set.			
<b>Don't Add Weight To Work-Sets</b>			
When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for four weeks. Your goal is to gain enough strength to do five reps using a steady even rep pace by the end of the four week training block.			
<b>How Many Work-Sets?</b>			
Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your fifth rep. If you reach a set where your rep speed starts to slow down on your fourth rep instead of your fifth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.			

<b>Block 4: 3 Reps for Work Sets</b>			
<b>Sequential Bottom Up Loading For 4 Weeks</b>			
<b>Warm up Sets</b>			
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Add 5 lbs. to set #1</b>	<b>Add 5 lbs. to set #2</b>	<b>Add 5 lbs. to set #3</b>	<b>Add 5 lbs. to set #4</b>
<b>1 x 10 40% + 5 lbs.</b> 1 x 8 55% 1 x 5 65% 1 x 3 75%	1 x 10 40% + 5 lbs. <b>1 x 8 55% + 5 lbs.</b> 1 x 5 65% 1 x 3 75%	1 x 10 40% + 5 lbs. 1 x 8 55% + 5 lbs. <b>1 x 5 65% + 5 lbs.</b> 1 x 3 75%	1 x 10 40% + 5 lbs. 1 x 8 55% + 5 lbs. 1 x 5 65% + 5 lbs. <b>1 x 3 75% + 5 lbs.</b>
Work-sets 3 reps 82% to 87%	Work-sets 3 reps 82% to 87%	Work-sets 3 reps 82% to 87%	Work-sets 3 reps 82% to 87%
<b>Procedures for Work-Sets</b>			
<b>Use Marker Rep Training According to the details listed below:</b>			
<b>How Much Weight?</b>			
After completing your warm up sets for an exercise, use 82% to 87% of your single rep max (1RM) so that your marker rep falls on your 3 <sup>rd</sup> rep for your work sets. Do 3 reps per set.			
<b>Don't Add Weight To Work-Sets</b>			
When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for four weeks. Your goal is to gain enough strength to do three reps using a steady even rep pace by the end of the four week training block.			
<b>How Many Work-Sets?</b>			
Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your third rep. If you reach a set where your rep speed starts to slow down on your second rep instead of your third rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.			
<b>Add Reps If Necessary</b>			
One problem that can occur when reaching a training block of only three reps is that the total reps per workout can become too low to sustain progress for four consecutive weeks. You can solve this problem by doing a set of ten reps in place of your last set of three reps for each muscle group.			

## **Adjustments and Modifications**

The workouts and training blocks that you have been looking at can be adjusted to fit your goals and preferences. You may want to shorten or lengthen the training blocks. Perhaps you prefer lighter weights and want to change the reps for the four training blocks to 12, 10, 8 and 5. On the other hand, you may prefer heavier weights and want to change the reps for the four training blocks to 8, 6, 4, and 2.

Some powerlifters never do more than five reps on their warm up sets, and others do up to twenty reps for their first warm up set. Some powerlifters do tons of warm up sets and some only do a few. In addition, the percentage of weight that you use for each warm up set can be modified according to what you have found works best. There are also lifters who do two or three exercises for each muscle group, but they only do warm up sets for the first exercise for each muscle group. In this case, the bottom up loading portion of the plan would only apply to the exercises that are done in conjunction with warm up sets. The principles behind bottom up loading and marker rep training can be adjusted to fit a variety of different training blocks, reps, weights, and number of warm up sets.



## Chapter 9

### Loading Waves And Marker Rep Periodization



Sequential bottom up loading is based on fairly gradual additions of weight to your warm up sets. If you prefer loading your warm up sets at a faster rate, you can use bottom up **loading waves** in conjunction with marker rep periodization. To make it simple to understand the examples in this chapter, the marker rep portion of the training blocks will remain almost the same as the four blocks that were used in the last chapter with the exception that the blocks will only last three weeks instead of four. The biggest difference in the blocks will be the use of bottom up loading waves in conjunction with the warm up sets.

Bottom up loading waves are a more aggressive form of loading as you will add weight to a warm up set in almost every workout. You will still start by adding weight to the lightest warm up set first, but weight will be added to the next warm up set in the next workout instead of the next week.

In order to explain how bottom up loading waves work, we will start with the same warm up sets that were used for block one in the last chapter. The warm up sets are listed below:

1 x 10 reps 35% SRM

1 x 10 reps 45% SRM

1 x 10 reps 55% SRM

### **The First Loading Wave**

You can begin your first bottom up loading wave by adding five pounds to the first warm up set for your first workout of the training block as follows:

#### **Workout 1:**

**1 x 10 35% + 5 lbs.**

1 x 10 45%

1 x 10 55%

Five pounds will then be added to the second warm up set in the second workout which is shown below:

#### **Workout 2:**

1 x 10 35% + 5 lbs.

**1 x 10 45% + 5 lbs.**

1 x 10 55%

Five pounds will be added to the third and final warm up set in the third workout as written below:

#### **Workout 3:**

1 x 10 35% + 5 lbs.

1 x 10 45% + 5lbs.

**1 x 10 55% + 5 lbs.**

When you have added five pounds to every warm up set, you have completed a loading wave.

## **The Second Loading Wave**

If you add an additional five pounds to each warm up set the next week, it would constitute a second loading wave. Since you have already added five pounds to your warm up sets for the first wave, the next addition of five pounds to warm up sets during the second loading wave would add up to **ten pounds** above the percentage listed.

A **second loading wave** that takes place across three workouts would be written as follows:

### **Workout 1:**

**1 x 10 35% + 10 lbs.**

1 x 10 45% + 5 lbs.

1 x 10 55% + 5 lbs.

### **Workout 2:**

1 x 10 35% + 10 lbs.

**1 x 10 45% + 10 lbs.**

1 x 10 55% + 5 lbs.

### **Workout 3:**

1 x 10 35% + 10 lbs.

1 x 10 45% + 10 lbs.

**1 x 10 55% + 10lbs.**

### **The Third Loading Wave**

You could go even further by adding another five pounds on top of the first two loading waves to form a third loading wave, known as a triple loading wave. The completion of the third loading wave would amount to fifteen additional pounds to each percentage listed. The third loading wave would be written as:

#### **Workout 1:**

**1 x 10 35% + 15 lbs.**

1 x 10 45% + 10 lbs.

1 x 10 55% + 10 lbs.

#### **Workout 2:**

1 x 10 35% + 15 lbs.

**1 x 10 45% + 15 lbs.**

1 x 10 55% + 10 lbs.

#### **Workout 3:**

1 x 10 35% + 15 lbs.

1 x 10 45% + 15 lbs.

**1 x 10 55% + 15lbs.**

This triple loading wave strategy for warm up sets can be used for the same four training blocks that were used in the previous chapter consisting of:

Block 1: 10 reps for work sets

Block 2: 8 reps for work sets

Block 3: 5 reps for work sets

Block 4: 3 reps for work sets

An example of this plan is shown on the next five pages:

<b>Block 1</b> <b>Bottom Up Loading Waves for Warm up Sets</b> <b>All Work Sets = 10 Reps</b>		
<b>First Bottom Up Loading Wave</b> <b>Week 1 Warm up Sets for each Exercise</b>		
<b>Workout 1</b> <b>1 x 10 35% + 5 lbs.</b> 1 x 10 45% 1 x 10 55%	<b>Workout 2</b> 1 x 10 35% + 5 lbs. <b>1 x 10 45% + 5 lbs.</b> 1 x 10 55%	<b>Workout 3</b> 1 x 10 35% + 5lbs. 1 x 10 45% + 5 lbs. <b>1 x 10 55% + 5 lbs.</b>
Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%
<b>Second Bottom Up Loading Wave</b> <b>Week 2: Warm up Sets for each Exercise</b>		
<b>Workout 1</b> <b>1 x 10 35% + 10 lbs.</b> 1 x 10 45% + 5 lbs. 1 x 10 55% + 5 lbs.	<b>Workout 2</b> 1 x 10 35% + 10 lbs. <b>1 x 10 45% + 10 lbs.</b> 1 x 10 55% + 5 lbs.	<b>Workout 3</b> 1 x 10 35% + 10 lbs. 1 x 10 45% + 10 lbs. <b>1 x 10 55% + 10 lbs.</b>
Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%
<b>Third Bottom Up Loading Wave</b> <b>Week 3: Warm up Sets</b>		
<b>Workout 1</b> <b>1 x 10 35% + 15 lbs.</b> 1 x 10 45% + 10 lbs. 1 x 10 55% + 10 lbs.	<b>Workout 2</b> 1 x 10 35% + 15 lbs. <b>1 x 10 45% + 15 lbs.</b> 1 x 10 55% + 10 lbs.	<b>Workout 3</b> 1 x 10 35% + 15lbs. 1 x 10 45% + 15 lbs. <b>1 x 10 55% + 15 lbs.</b>
Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%	Work-sets = 10 reps 65% to 70%
<b>Procedures for Work-Sets</b> <b>Use Marker Rep Training According to the details listed below:</b>		
After completing your warm up sets for an exercise, use 65% to 70% of your single rep max (1RM) so that your marker rep falls on your 10 <sup>th</sup> rep for your work-sets. Do 10 reps per work-set.		
<b>Don't Add Weight To Work-Sets</b> When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for the whole block. Your goal is to gain enough strength to do ten reps using a steady even rep pace by the end of the three or four week training block.		
<b>How Many Work-Sets?</b> Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your tenth rep. If you reach a set where your rep speed starts to slow down on your ninth rep instead of your tenth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.		

<b>Block 2</b>		
<b>Bottom Up Loading Waves for Warm up Sets</b>		
<b>All Work Sets = 8 Reps</b>		
<b>First Bottom Up Loading Wave</b>		
<b>Week 1 Warm up Sets for each Exercise</b>		
Workout 1	Workout 2	Workout 3
Warm up Sets <b>1 x 10 35% + 5 lbs.</b> 1 x 8 50% 1 x 8 60%	Warm up Sets 1 x 10 35% + 5 lbs. <b>1 x 8 50% + 5 lbs.</b> 1 x 8 60%	Warm Up Sets 1 x 10 35% + 5lbs. 1 x 8 50% + 5 lbs. <b>1 x 8 60% + 5 lbs.</b>
Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%
<b>Second Bottom Up Loading Wave for Warm up sets</b>		
<b>Week 2</b>		
Workout 1	Workout 2	Workout 3
Warm up Sets <b>1 x 10 35% + 10 lbs.</b> 1 x 8 50% + 5 lbs. 1 x 8 60% + 5 lbs.	Warm up Sets 1 x 10 35% + 10 lbs. <b>1 x 8 50% + 10 lbs.</b> 1 x 8 60% + 5 lbs.	Warm up Sets 1 x 10 35% + 10 lbs. 1 x 8 50% + 10 lbs. <b>1 x 8 60% + 10 lbs.</b>
Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%
<b>Third Bottom Up Loading Wave for Warm up sets</b>		
<b>Week 3</b>		
Workout 1	Workout 2	Workout 3
Warm up Sets <b>1 x 10 35% + 15 lbs.</b> 1 x 8 50% + 10 lbs. 1 x 8 60% + 10 lbs.	Warm up Sets 1 x 10 35% + 15 lbs. <b>1 x 8 50% + 15 lbs.</b> 1 x 8 60% + 10 lbs.	Warm up Sets 1 x 10 35% + 15 lbs. 1 x 8 50% + 15 lbs. <b>1 x 8 60% + 15 lbs.</b>
Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%	Work-sets = 8 reps 70% to 75%
<b>Procedures for Work-Sets</b>		
<b>Use Marker Rep Training According to the details listed below:</b>		
After completing your warm up sets for an exercise, use 70% to 75% of your single rep max (1RM) so that your marker rep falls on your 8 <sup>th</sup> rep for your work-sets. Do 8 reps per work-set.		
<b>Don't Add Weight To Work-Sets</b>		
When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for the whole block. Your goal is to gain enough strength to do eight reps using a steady even rep pace by the end of the three to four week training block.		
<b>How Many Work-Sets?</b>		
Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your eighth rep. If you reach a set where your rep speed starts to slow down on your seventh rep instead of your eighth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.		

<b>Block 3</b>		
<b>Bottom Up Loading Waves for Warm up Sets</b>		
<b>All Work Sets = 5 Reps</b>		
<b>First Bottom Up Loading Wave</b>		
<b>Week 1 Warm up Sets for each Exercise</b>		
Workout 1	Workout 2	Workout 3
<b>1 x 10 35% + 5 lbs.</b> 1 x 8 50% 1 x 5 65%	1 x 10 35% + 5 lbs. <b>1 x 8 50% + 5 lbs.</b> 1 x 5 65%	1 x 10 35% + 5 lbs. 1 x 8 50% + 5 lbs. <b>1 x 5 65% + 5 lbs.</b>
Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%
<b>Second Bottom Up Loading Wave</b>		
<b>Week 2 Warm up Sets</b>		
Workout 1	Workout 2	Workout 3
<b>1 x 10 35% + 10 lbs.</b> 1 x 8 50% + 5 lbs. 1 x 5 65% + 5 lbs.	1 x 10 35% + 10 lbs. <b>1 x 8 50% + 10 lbs.</b> 1 x 5 65% + 5 lbs.	1 x 10 35% + 10 lbs. 1 x 8 50% + 10 lbs. <b>1 x 5 65% + 10 lbs.</b>
Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%
<b>Third Bottom Up Loading Wave</b>		
<b>Week 3: Warm up Sets</b>		
Workout 1	Workout 2	Workout 3
<b>1 x 10 35% + 15 lbs.</b> 1 x 8 50% + 10 lbs. 1 x 5 65% + 10 lbs.	1 x 10 35% + 15 lbs. <b>1 x 8 50% + 15 lbs.</b> 1 x 5 65% + 10 lbs.	1 x 10 35% + 15 lbs. 1 x 8 50% + 15 lbs. <b>1 x 5 65% + 15 lbs.</b>
Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%	Work-sets = 5 reps 77% to 82%
<b>Procedures for Work-Sets</b>		
<b>Use Marker Rep Training According to the details listed below:</b>		
After completing your warm up sets, use 77% to 82% of your single rep max (1RM) so that your marker rep falls on your 5 <sup>th</sup> rep for your work-sets. Do 5 reps per work-set.		
<b>Don't Add Weight To Work-Sets</b>		
When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for the whole block. Your goal is to gain enough strength to do five reps using a steady even rep pace by the end of the three to four week training block.		
<b>How Many Work-Sets?</b>		
Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your fifth rep. If you reach a set where your rep speed starts to slow down on your fourth rep instead of your fifth rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.		

**Block 4:**

Block four is the heaviest block of training as you will be working up to a weight that will allow you to perform only three reps; the third rep being your marker rep. Because of the fact that heavy weights will be used, an additional warm up set will be added to prepare you for the heavier weights. The added set means that you will be doing four warm up sets instead of three warm up sets as was done for the previous three blocks. This will require a change in the loading scheme. Instead of adding five pounds to just one of the warm up sets each workout, you will need to add five pounds to two warm up sets in the first workout of the week, and one warm up set to each of the other two workouts. The training block on the next page is an example of how this can be done:



<p align="center"><b>Block 4</b></p> <p align="center"><b>Bottom Up Loading Waves for Warm up Sets</b></p> <p align="center"><b>All Work Sets = 3 Reps</b></p>		
<p align="center"><b>First Bottom Up Loading Wave</b></p>		
<p align="center"><b>Week 1 Warm up sets for each Exercise</b></p>		
<p align="center">Workout 1</p> <p align="center">Warm up Sets</p> <p align="center"><b>1 x 10 35% + 5 lbs.</b></p> <p align="center"><b>1 x 8 50% + 5 lbs.</b></p> <p align="center">1 x 5 65%</p> <p align="center">1 x 3 75%</p>	<p align="center">Workout 2</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 5 lbs.</p> <p align="center">1 x 8 50% + 5 lbs.</p> <p align="center"><b>1 x 5 65% + 5 lbs.</b></p> <p align="center">1 x 3 75%</p>	<p align="center">Workout 3</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 5 lbs.</p> <p align="center">1 x 8 50% + 5 lbs.</p> <p align="center">1 x 5 65% + 5 lbs.</p> <p align="center"><b>1 x 3 75% + 5 lbs.</b></p>
Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%
<p align="center"><b>Second Bottom Up Loading Wave: Week 2</b></p>		
<p align="center">Workout 1</p> <p align="center">Warm up Sets</p> <p align="center"><b>1 x 10 35% + 10 lbs.</b></p> <p align="center"><b>1 x 8 50% + 10 lbs.</b></p> <p align="center">1 x 5 65% + 5 lbs.</p> <p align="center">1 x 3 75% + 5 lbs.</p>	<p align="center">Workout 2</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 10 lbs.</p> <p align="center">1 x 8 50% + 10 lbs.</p> <p align="center"><b>1 x 5 65% + 10 lbs.</b></p> <p align="center">1 x 3 75% + 5 lbs.</p>	<p align="center">Workout 3</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 10 lbs.</p> <p align="center">1 x 8 50% + 10 lbs.</p> <p align="center">1 x 5 65% + 10 lbs.</p> <p align="center"><b>1 x 3 75% + 10 lbs.</b></p>
Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%
<p align="center"><b>Third Bottom Up Loading Wave: Week 3</b></p>		
<p align="center">Workout 1</p> <p align="center">Warm up Sets</p> <p align="center"><b>1 x 10 35% + 15 lbs.</b></p> <p align="center"><b>1 x 8 50% + 15 lbs.</b></p> <p align="center">1 x 5 65% + 10 lbs.</p> <p align="center">1 x 3 75% + 10 lbs.</p>	<p align="center">Workout 2</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 15 lbs.</p> <p align="center">1 x 8 50% + 15 lbs.</p> <p align="center"><b>1 x 5 65% + 15 lbs.</b></p> <p align="center">1 x 3 75% + 10 lbs.</p>	<p align="center">Workout 3</p> <p align="center">Warm up Sets</p> <p align="center">1 x 10 35% + 15 lbs.</p> <p align="center">1 x 8 50% + 15 lbs.</p> <p align="center">1 x 5 65% + 15 lbs.</p> <p align="center"><b>1 x 3 75% + 15 lbs.</b></p>
Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%	Work-sets = 3 reps 82% to 87%
<p align="center"><b>Procedures for Work-Sets</b></p> <p align="center"><b>Use Marker Rep Training According to the details listed below:</b></p>		
<p>After completing your warm up sets, use 82% to 87% of your single rep max (1RM) so that your marker rep falls on your 3<sup>rd</sup> rep for your work-sets. Do 3 reps per work-set.</p>		
<p align="center"><b>Don't Add Weight To Work-Sets</b></p> <p>When doing an exercise, do not add weight to your work-set poundages; keep using the same weight for the whole block. Your goal is to gain enough strength to do three reps using a steady even rep pace by the end of the three to four week training block.</p>		
<p align="center"><b>How Many Work-Sets?</b></p> <p>Repeat work-sets for a given muscle group as long as you are at full strength and your marker rep occurs on your third rep. If you reach a set where your rep speed starts to slow down on your second rep instead of your third rep, you are no longer at full strength and should stop doing sets for the muscle group you are working.</p>		

### **Stretching Block 4 To Four Weeks**

Block four is a three week training block. An alternative is to stretch it into a four week training block by adding five pounds to one warm up set per workout. Since there are four warm up sets, it will take four workouts to complete a loading wave and it would take twelve workouts to complete three loading waves. If you work each muscle group three times per week, it would take four weeks to complete three bottom up loading waves. This is an easy way to lengthen your training block to last four weeks. You can see how this option works on the next page:

**A four Week Training Block  
Bottom Up Loading Waves  
Block 4**

**Week 1**

Workout 1 Warm up Sets <b>Start 1<sup>st</sup> loading wave</b>	Workout 2 Warm up Sets	Workout 3 Warm up Sets
<b>1 x 10 35% + 5 lbs.</b> 1 x 8 50% 1 x 5 65% 1 x 3 75%	1 x 10 35% + 5 lbs. <b>1 x 8 50% + 5 lbs.</b> 1 x 5 65% 1 x 3 75%	1 x 10 35% + 5lbs. 1 x 8 50% + 5 lbs. <b>1 x 5 65% + 5 lbs.</b> 1 x 3 75%

**Week 2**

Workout 1 Warm up Sets	Workout 2 Warm up Sets <b>Start 2<sup>nd</sup> loading wave</b>	Workout 3 Warm up Sets
1 x 10 35% + 5 lbs. 1 x 8 50% + 5 lbs. 1 x 5 65% + 5 lbs. <b>1 x 3 75% + 5 lbs.</b>	<b>1 x 10 35% + 10 lbs.</b> 1 x 8 50% + 5 lbs. 1 x 5 65% + 5lbs. 1 x 3 75% + 5 lbs.	1 x 10 35% + 10 lbs. <b>1 x 8 50% + 10 lbs.</b> 1 x 5 65% + 5 lbs. 1 x 3 75% + 5lbs.

**Week 3**

Workout 1 Warm up Sets	Workout 2 Warm up Sets	Workout 3 Warm up Sets <b>Start 3<sup>rd</sup> loading wave</b>
1 x 10 35% + 10 lbs. 1 x 8 50% + 10 lbs. <b>1 x 5 65% + 10 lbs.</b> 1 x 3 75% + 5 lbs.	1 x 10 35% + 15 lbs. 1 x 8 50% + 15 lbs. 1 x 5 65% + 10 lbs. <b>1 x 3 75% + 10 lbs.</b>	<b>1 x 10 35% + 15 lbs.</b> 1 x 8 50% + 10 lbs. 1 x 5 65% + 10 lbs. 1 x 3 75% + 10 lbs.

**Week 4**

Workout 1 Warm up Sets	Workout 2 Warm up Sets	Workout 3 Warm up Sets
1 x 10 35% + 15 lbs. <b>1 x 8 50% + 15 lbs.</b> 1 x 5 65% + 10 lbs. 1 x 3 75% + 10 lbs.	1 x 10 35% + 15 lbs. 1 x 8 50% + 15 lbs. <b>1 x 5 65% + 15 lbs.</b> 1 x 3 75% + 10 lbs.	1 x 10 35% + 15 lbs. 1 x 8 50% + 15 lbs. 1 x 5 65% + 15 lbs. <b>1 x 3 75% + 15 lbs.</b>

After completing warm up sets for an exercise, continue by doing work-sets using 82% to 87% of your 1RM. Do 3 reps per work-set.

## **Adjustments**

The previous training block that was just discussed was based upon making an adjustment in order to stretch the length of the block from three weeks to four weeks. This is just one adjustment and it is possible that you will need to make other adjustments in order to make your own training work. The reason for this is because different lifters prefer different training frequencies and different amounts of warm up sets. The length of time that a lifter wants a loading wave or a training block to last will also vary according to his or her preference. This means that when a lifter plans a training block, the training frequency and the rate at which weight is added to warm up sets will need to be adjusted to match the length of time that a loading wave or a training block will last. Examples of this will be given as you continue to read.

### **Two Workouts per Week for Each Muscle Group**

Some of you may prefer to work each muscle group twice per week instead of three times per week. Assuming you are doing three warm up sets for each exercise and you are adding five pounds to one warm up set per workout, you will make it through two loading waves over the span of a three week training block. This is shown in the example on the next page:

Two Workouts per Week for each Muscle Group	
Two Loading Wave in 3 Weeks	
Week 1	
Workout 1	Workout 2
<b>The first loading wave starts</b>	
Warm up Sets <b>1 x 10 35% + 5 lbs.</b> 1 x 10 45% 1 x 10 55%	Warm up Sets 1 x 10 35% + 5 lbs. <b>1 x 10 45% + 5 lbs.</b> 1 x 10 55%
Week 2	
Workout 1	Workout 2
	<b>The second loading wave starts</b>
Warm up Sets 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. <b>1 x 10 55% + 5 lbs.</b>	Warm up Sets <b>1 x 10 35% + 10 lbs.</b> 1 x 10 45% + 5 lbs. 1 x 10 55% + 5 lbs.
Week 3	
Workout 1	Workout 2
Warm up Sets 1 x 10 35% + 10 lbs. <b>1 x 10 45% + 10 lbs.</b> 1 x 10 55% + 5 lbs.	Warm up Sets 1 x 10 35% + 10 lbs. 1 x 10 45% + 10 lbs. <b>1 x 10 55% + 10 lbs.</b>

### Adjust How Many Warm up Sets You Add to In Each Workout

Some lifters will want their loading wave to last just one week. At the same time, they want to do more than three warm up sets per exercise. In this case, the only option is to add weight to more than one warm up set per workout. For example, we will assume that you prefer to do five warm up sets for some of your exercises before you do any of your work sets. We will also assume that you train each muscle group three times per week. If you want to add five pounds to each warm up set and complete a loading wave within a week, you would need to add five pounds to the first and second warm up sets in your first workout; you would then add five pounds to the third and fourth warm up sets in your second workout; and you would add five pounds to the fifth warm up set in your third workout. This option is shown below:

<b>A Five Set Loading Wave in One Week</b> <b>Three Workout per Week for Each Muscle Group</b>		
<b>Workout 1</b> Add 5 pounds to the <b>first two</b> warm up sets	<b>Workout 2</b> Add 5 pounds to the <b>third</b> <b>and fourth</b> warm up sets	<b>Workout 3</b> Add 5 pounds to the <b>fifth</b> warm up set
<b>Warm up sets</b> <b>1 x 10 35% + 5 lbs.</b> <b>1 x 10 45% + 5 lbs.</b> 1 x 8 55% 1 x 6 60% 1 x 5 65%	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. <b>1 x 8 55% + 5 lbs.</b> <b>1 x 6 60% + 5 lbs.</b> 1 x 5 65%	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. 1 x 8 55% + 5 lbs. 1 x 6 60% + 5 lbs. <b>1 x 5 65% + 5 lbs.</b>

### Skip Loading When Necessary

Another option for someone who prefers five warm up sets would be to do a loading wave over a period of two weeks instead of one. If you work each muscle group three times per week, you perform six workouts for each muscle group over a period of two weeks. In this case, you would add five pounds to one warm up set per workout for five workouts to complete a loading wave. When you reach your sixth and final workout, you would **skip** the loading process and wouldn't need to add five pounds to any warm up sets because the loading wave would already be complete. You could then start a new loading wave at the start of the next two week loading cycle. This is shown in the following example:

A Five Set Loading Wave in Two Weeks Three Workout per Week for Each Muscle Group		
Week 1		
Workout 1	Workout 2	Workout 3
Add 5 pounds to the <b>first</b> warm up set	Add 5 pounds to the <b>second</b> warm up set	Add 5 pounds to the <b>Third</b> warm up set
<b>Warm up sets</b> <b>1 x 10 35% + 5 lbs.</b> 1 x 10 45% 1 x 8 55% 1 x 6 60% 1 x 5 65%	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. <b>1 x 10 45% + 5 lbs.</b> 1 x 8 55% 1 x 6 60% 1 x 5 65%	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. <b>1 x 8 55% + 5 lbs.</b> 1 x 6 60% 1 x 5 65%
Week 2		
Workout 1	Workout 2	Workout 3
Add 5 pounds to the <b>fourth</b> warm up set	Add 5 pounds to the <b>fifth</b> warm up set	Repeat the previous workout No new additions of weight
<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. 1 x 8 55% + 5 lbs. <b>1 x 6 60% = 5 lbs.</b> 1 x 5 65%	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. 1 x 8 55% + 5 lbs. 1 x 6 60% + 5 lbs. <b>1 x 5 65% + 5 lbs.</b>	<b>Warm up sets</b> 1 x 10 35% + 5 lbs. 1 x 10 45% + 5 lbs. 1 x 8 55% + 5 lbs. 1 x 6 60% + 5 lbs. 1 x 5 65% + 5 lbs.

## Chapter 10

### Every Sets Counts



Lifters who are totally dedicated to improving their performance are going to consider every detail of training that could lead to improvement. Every set counts and has the potential to play a vital role in the process of getting stronger. This being the case, every set should be done in a progressive manner; including warm up sets and work-sets. Not only that, every training block or cycle of training blocks should be done in a progressive manner. These concepts are the basis of Fusion 3, Book 1. If you learn how to apply the concepts correctly, you will optimize the long term strength training effect of your workouts. This is my hope for everyone who chooses to utilize Fusion 3 training. I wish you much success and the best of training.



## About The Author

Mark Sherwood is a long time fitness enthusiast who has pursued weight training and other fitness activities for over thirty years. His educational and professional background include a B.S. degree as an exercise specialist in physical education from the University of Wisconsin Madison, and positions as a fitness instructor and physical education teacher.

One of Mark's passions is to distinguish between strength training concepts that are consistently effective as opposed to those that are effective for a short time period. Through his education, research, and personal trial and error, he has endeavored to gain the necessary knowledge to share effective training strategies with those who desire to maximize their training results.

Mark resides with his family in Southern California. For more training resources from Mark, you can visit [www.precisionpointtraining.com](http://www.precisionpointtraining.com). In addition, you can view more books on strength training that he has authored on the next page.

## Additional Resources

A Quick Guide To Strength

Beginning Strength Training

Bottom Up Loading

Cluster Set Training

Force And Frequency Training

Giant Pyramid Training

High Frequency Strength Training

High Volume 5's

Heavy Frequency Training

Individualized Workouts For Hardgainers

Marker Rep Training

Never Miss A Lift

Overcoming Strength Training Plateaus

Quick Workouts For Quick Muscles

Rest-Pause Training

Strength Challenge 20/20

Strength Training Capacity

Strength Training Thresholds

Strength To The Max

Strength To The Max And Beyond

The 1 x 100 Challenge

The High Frequency Training Pyramid

The Peak Strength Principle

12-10-8-6: A Workout Plan For Building Size And Strength