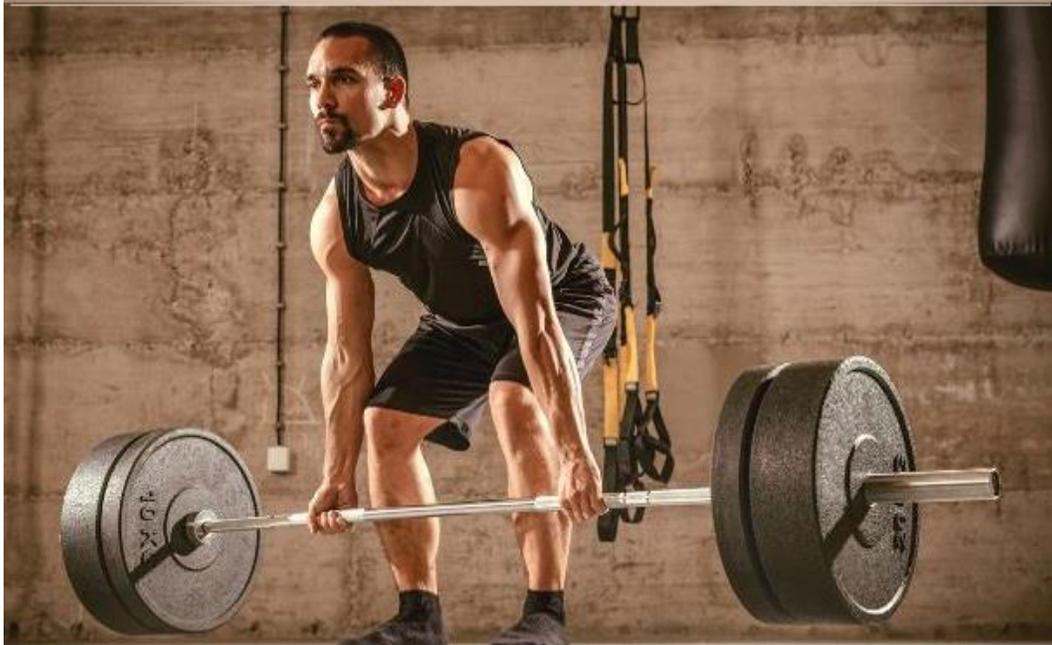


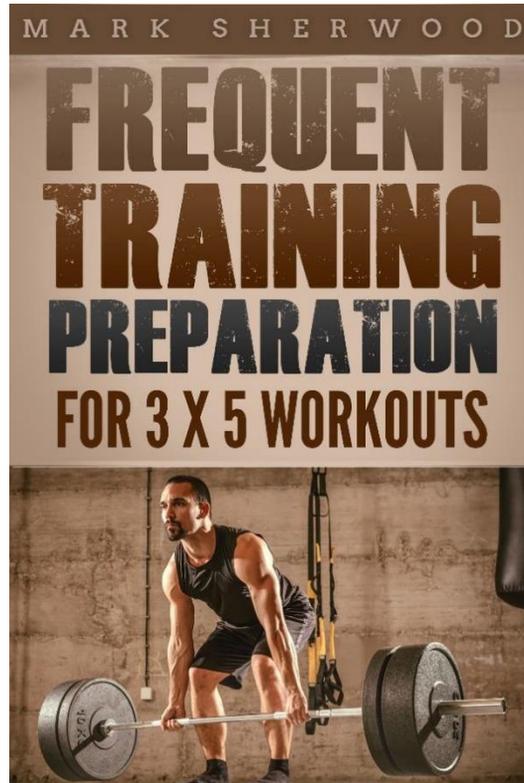
MARK SHERWOOD

FREQUENT TRAINING PREPARATION FOR 3 X 5 WORKOUTS



Frequent Training Preparation

For 3 x 5 Workouts



Mark Sherwood

For more information from the author visit:

<http://www.precisionpointtraining.com/>

Copyright © 2019 by Mark Sherwood

Frequent Training Preparation: For 3 x 5 Workouts

By Mark Sherwood

The author and publisher of the information in this book are not responsible in any manner for physical harm or damages that may occur in response to following the instructions presented in this material. As with any exercise program, a doctor's approval should be obtained before engaging in exercise.

Table Of Contents

Introduction

Chapter 1: The Power of 5 Reps

Chapter 2: Simple Workouts

Chapter 3: The Load Until You Miss Method

Chapter 4: The Marker Rep Method

Chapter 5: Frequent Training Preparation

Chapter 6: Phase 1: High Frequency 5 x 5

Chapter 7: Phase 2: High Frequency 3 x 5

Chapter 8: Phase 3: Heavy 3 x 5

Chapter 9: Integrating Heavy 3 x 5 Within Phases 1 And 2

Chapter 10: An Individual Matter

About The Author

Additional Resources

Introduction

The frequent training preparation described in this book is for lifters who prefer simple workouts. The simple workouts presented consist of 3 sets of 5 reps (which will be written as 3 x 5) and 5 sets of 5 reps (which will be written as 5 x 5). Only three exercises are to be selected for each workout. When performed correctly, the 3 x 5 and 5 x 5 workouts are among the simplest and most effective training programs for building strength.

As popular as it is to focus on 5 reps, those who keep lifting long enough will reach a point where it is hard to keep making progress using traditional 5 x 5 and 3 x 5 methods. One of the ways to deal with this is to use a preparatory variation of 5 x 5 or 3 x 5. The preparatory workouts are done with lighter weights and a higher training frequency. This type of preparatory workout will give your body a break from the constant heavy lifting that is associated with traditional 5 x 5 and 3 x 5 training. Of even greater value is that the preparatory lifting is designed to increase your recovery ability. The end result is that your body will respond better when you eventually return to heavy 3 x 5 lifting.

The purpose of this book is to provide you with a preparatory plan using simple 5 x 5 and 3 x 5 workouts that will enable you to respond better to heavy 3 x 5 lifting. The way to accomplish this will be explained as you continue to read this book.

Chapter 1

The Power of 5 Reps



Some of you may be wondering why programs that focus on 5 reps are so effective and so popular. Let me explain why this is the case. There are several training methods that are commonly used for gaining strength. One method is to perform a training cycle that consists of different amounts of weight and reps. The cycle generally begins with lighter weights that allow up to 10 reps. As the cycle progresses, more weight is added while the reps are decreased from 10 to 8. The addition of more weight from week to week will necessitate another decrease in reps to 5 reps, then 3 reps, and 1 rep. The goal is to hit a record single rep max at the end of the cycle. This common rep scheme that is used over the course of a training cycle is known as a 10, 8, 5, 3, 1 cycle.

Out of the five different amounts of reps that are used when utilizing the 10, 8, 5, 3, 1 strategy, some lifters prefer to narrow it down by eliminating the 10 rep portion and the 1 rep portion of the cycle. The reason for this is that many lifters feel that 10 reps require the use of weight that is too light for optimum strength development. At the same time, single reps are often done with weights that are 90% or more of a lifter's single rep max. Weights that are this heavy can quickly lead to overtraining while failing to provide enough training volume for strength gains. This being the case, 10 reps and single reps do not drive strength gains as consistently as 8 reps, 5 reps, and 3 reps. Of course, this reduces the rep scheme to a cycle consisting of 8 reps, 5 reps, and 3 reps. Some lifters narrow it down even further by choosing the single most effective amount of reps for building long term strength gains. Those who have done this usually prefer 5 reps.

Out of all of the rep ranges, 5 reps is perhaps the most popular because it has proven to be so successful for multitudes of lifters. When performing 5 reps per set, you can use a substantial amount of weight. This is important because the use of heavy loads that do not exceed 90% of the maximum weight that you can

lift for a single rep have a positive correlation with strength gains. Not only are loads that are used with 5 reps sufficient to drive strength gains, but the fact that you are doing 5 reps per set provides enough training volume to facilitate hypertrophy, or an increase in muscle size.

Strength and size work together. The bigger your muscles get, the stronger they become, and 5 reps per set has proven to be an excellent rep range for helping lifters to grow both bigger and stronger. This is why 3 x 5 and 5 x 5 workouts are emphasized in this book.

Chapter 2

Simple Workouts



Choose Just Three Exercises

The 3 x 5 and 5 x 5 workouts presented in this book are not intended to be complicated. The exercise selection should be very simple and consist of just **three exercises** per workout according to the following guidelines:

1. Choose one pressing exercise (choose from bench press, incline press, or overhead press).
2. Choose one pulling exercise (choose from seated pulley rows, barbell rows, T-bar rows, or lat pulldowns).
3. Alternate between squats and deadlifts from workout to workout.

Do Warm Up Sets

Once you have selected three exercises, you must do some warm up sets. Warm up sets simply refer to sets that are done with light weights before you do your heavier work-sets for 3 x 5 or 5 x 5. I suggest doing four warm up sets for an exercise before doing work-sets for the same exercise. The warm up sets should be done according to the following guidelines:

1st warm up set: Do 5 reps with an unloaded barbell

2nd warm up set: Do 5 reps with 40% of the weight you will use for your work sets.

3rd warm up set: Do 3 reps with 60% of the weight you will use for your work sets.

4th warm up set: Do 1 rep with 80% of the weight you will use for your work sets.

Don't get too picky over using the exact percentages listed for the warm up sets. The main thing is to do enough work to warm your body up for the work-sets. I suggest no more than 30 seconds rest between warm up sets.

The warm up sets for an exercise should be followed by your work sets consisting of either 3 x 5 or 5 x 5.

Three Types of Workouts

When doing your work sets for 5 x 5 or 3 x 5, do them according to one of **three different types of workouts**. The three types of workouts also make up three phases which are listed below:

- 1. High frequency 5 x 5 (to be done 5 to 6 days per week).**
- 2. High frequency 3 x 5 (to be done 5 to 6 days per week).**
- 3. Heavy 3 x 5 (to be done 3 days per week with 48 hours rest between workouts).**

Notice that the first two types of workouts are the high frequency 5 x 5, and high frequency 3 x 5 workouts. These workouts will be done with lighter weights in preparation for the heavier weights that will be used for the heavy 3 x 5 workouts.

Why Preparatory Workouts?

Why use the high frequency 5 x 5 and high frequency 3 x 5 workouts in preparation for the heavy 3 x 5 workouts? Because everyone will eventually hit a plateau using the heavy 3 x 5 workouts. This is when the high frequency 5 x 5 workouts and high frequency 3 x 5 workouts come in to play as they are designed to help you break through plateaus that you may encounter with heavy 3 x 5 training. This being the case, the starting place is to use the heavy 3 x 5 training program three days per week until it stops working.

Starting With Heavy 3 x 5

Since the heavy 3 x 5 workout is the starting place, the focus of the next two chapters will be on the heavy 3 x 5 workout.

Chapter 3

The Load Until You Miss Method



When using the heavy 3 x 5 plan, I recommend adding weight by using one of the two methods that are listed below:

1. **The Load Until You Miss Method**
2. **The Marker Rep Method**

In this chapter, the *Load Until You Miss Method* will be the focus of discussion.

Load Until You Miss

Use the following guidelines in order to progressively add weight when using the **Load Until You Miss Method**:

Pick three exercises consisting of:

1. One pressing exercise (choose from bench press, incline press, or overhead press)
 2. One pulling exercise (choose from bent over barbell rows, T-bar rows, seated pulley rows or lat pulldowns).
 3. Alternate between squats and deadlifts from workout to workout
- Begin each exercise with warm up sets according to the guidelines explained in chapter 2.
 - Do each exercise for 3 sets of 5 reps using strict form on every rep of every set.
 - When performing 3 sets of a specific exercise, use the same weight for all 3 sets. Pick the heaviest weight that you can use within the context of maintaining a steady even rep pace for every rep. You should not use a weight that is so heavy that it causes you to slow down for any of your reps when starting with 3 sets of 5 reps. This amount of weight will likely be about 77% of the maximum weight that you can lift for a single rep. This is your starting weight for progressively adding weight.
 - Workout 3 times per week with 48 hours of rest between workouts.
 - Rest 3 minutes between sets.
 - Add 5 pounds to your lifts every week as long as you can complete 5 reps on all 3 sets of an exercise.
 - If you reach a point where you can only do 4 reps for any of your sets, decrease back to a weight that allows you to do 3 x 5 while maintaining a steady even rep pace without slowing down on any of your reps. From there, repeat the process of loading 5 pounds to each lift every week as long as you can complete 5 reps for every set.

The *Marker Rep Method* will be discussed in the next chapter.

Chapter 4

The Marker Rep Method



I have personally found that it is not necessary to keep loading until you fail to reach 5 reps. The best alternative that I have found to weekly loading is simply to find a weight for each exercise that will provide the **ideal amount of effort**.

The Ideal Amount of Effort

The ideal amount of effort will make your training hard enough to gain strength, but it won't be so hard that it inhibits recovery and leads to overtraining. You must avoid overtraining as it will keep you from gaining strength. In order to use the ideal amount of effort you must find the ideal amount of weight. The way to find the ideal amount of weight is explained within the guidelines for marker rep method which is explained below:

Pick three exercises consisting of:

1. One pressing exercise (choose from bench press, incline press, or overhead press)
 2. One pulling exercise (choose from bent over barbell rows, T-bar rows, seated pulley rows, or lat pulldowns).
 3. Alternate between squats and deadlifts from workout to workout.
- Start each exercise with warm up sets according to the guidelines listed in chapter 2.
 - Do each exercise for 3 sets of 5 reps using strict form on every rep of every set.
 - Workout 3 times per week with 48 hours of rest between workouts.
 - Rest 3 minutes between sets.

- When performing 3 sets of a specific exercise, use the same weight for all 3 sets. The amount of weight that you pick should allow you to maintain a steady even rep pace for at least 4 reps on every set. At the same time, if you pick your weights correctly, you will be forced to slow down on your 5th rep for one or more of the three sets according to one of the following scenarios:
 1. You find that you can maintain a steady even rep pace for all 5 reps for the first two sets, but when you reach your third set, you begin to weaken and are forced to slow down on your 5th rep.
 2. You find that you can maintain a steady even rep pace for all 5 reps for your first set, but you are forced to slow down on your 5th rep when you reach your second and third sets.
 3. You find that you can maintain a steady even rep pace for 4 reps on all of your sets, but you begin to weaken and slow down on your 5th rep for all three sets.
- All of the scenarios described above are acceptable and indicate that you have selected an ideal amount of weight for marker rep training. When you hit a slower 5th rep at the end of a set, you have hit what is called your marker rep. The marker rep marks the point within a set where your rep speed starts to slow down.
- It is important to note that if you are forced to slow down for two or more reps on any of your sets, you are using too much weight. In contrast, if you are able to maintain a steady even rep pace for all 5 reps of all 3 sets, the weight is too light.
- When using marker rep training, your first step is simply to repeat 3 sets of 5 reps with the **same weight** from workout to workout for the exercises you are performing. By doing this, you will be training hard enough to stimulate strength without pushing so hard that it causes overtraining.
- I must emphasize that workouts must be repeated with the same weight. Do not increase the weight until the slower speed of your marker rep (the 5th rep) speeds up to the same speed as the first four reps.

Goal

- **The goal of progression is to gain enough strength to overcome the slower speed of your marker rep by performing all 5 reps of every set using a steady even rep pace. There should be no evidence of slowing down on your 5th rep.** Once you succeed at doing this for three consecutive workouts, you will know that you have gained enough strength to add 5 pounds. The addition of 5 pounds will probably cause the 5th rep of one or more of your sets to start slowing down again. You will then repeat the process of repeating workouts with the same weight until you can perform all 5 reps of every set using a steady even rep pace before adding 5 pounds again.

Chapter 5

Frequent Training Preparation



It could be that the *Load Until You Miss Method* and the *Marker Rep Training Method* will always be the best means for helping you to grow progressively stronger. However, if you find yourself stuck at the same strength level with heavy 3 x 5 training, there are other options that you may find to be beneficial. High frequency training is one of those options, and some people find that they respond extremely well to it. High frequency training means that instead of doing three workouts per week, you will do five to six workouts per week.

Adjust The Workouts For High Frequency

One thing that must be understood about high frequency workouts is that you don't approach them the same way you would approach a workout that is done three times per week. When working a muscle group three times per week, you can generally either do more sets and reps, or use more weight than when using high frequency training. When doing high frequency workouts, you must scale back, either on the number of sets, or on the amount of weight used for each set. The fact that you modify the severity of the workout allows you to recover quickly. This is essential if you are going to be working the same muscle groups every day.

Lighter Workouts

In the case of the frequent training preparation strategy that will be discussed in this book, you will decrease the amount of weight used for each set. The lighter workouts are then done more frequently. The increase in frequency during the preparatory phases will improve your recovery ability by programming your body to recover at a faster rate.

Improved Recovery

During the preparation phases, you will gradually add weight from week to week. When you finish with the preparation phases, you will decrease the frequency back to three days per week again. Many of you will find that the switch from high frequency training to a lower training frequency will make it easier to recover from the heavy workouts. Your improved recovery ability is what will allow you to gain more strength than you previously could when training heavy without a preparatory phase.

Of course, you could just add more sets to the workouts that you are doing 3 days per week instead of adding workouts. This is exactly the way that many programs work, and you can always use this option if you find that it works. However, the added sets often backfire by causing more fatigue which leaves you in a weakened state by the end of the workout. The problem with this is that many lifters will find that fatigue leads to an endurance adaptation at the expense of a strength adaptation. This simply means that you will gain the ability to train longer without growing stronger. You can avoid this problem by keeping your workouts short enough to avoid fatigue. At the same time, you will challenge your body with more sets throughout each week by training more often. If you avoid fatigue during the workouts, you should have no problem recovering from the higher weekly volume and training frequency.

Two High Frequency Preparatory Phases

Once again, the power of high frequency training is that it prepares your body to recover better when you cut back to a lower frequency with heavier weights. When using the frequent training preparation method, you will go through two different phases of high frequency training preparation. The details of these two preparatory phases will be discussed in the next two chapters.

Chapter 6

Phase 1: High Frequency 5 x 5



In phase 1, you will still be doing 5 reps for each set, but you will be doing 5 sets for each exercise instead of 3 sets. You will also be working out 5 to 6 days per week which is why phase 1 is called high frequency 5 x 5.

If you were to use heavy weights for high frequency 5 x 5, chances are good that you will quickly burn out. Therefore, the amount of weight that you will use will be fairly light. Even so, the increase in volume and frequency will challenge your body to increase its recovery ability in preparation for heavier lifting in the future. The amount of weight to be used for each exercise during phase 1 is divided into three progressive stages as follows:

Stage 1: Do 5 x 5 with 55% of your single rep max

Stage 2: Do 5 x 5 with 57.5% of your single rep max

Stage 3: Do 5 x 5 with 60% of your single rep max

The Two-Week Option

I suggest that you do phase 1 for two weeks. This means that if you work out 6 days per week, you will be doing a total of 12 workouts. Since there are three stages, each stage will last four workouts. This option is shown below:

Stage 1: 5 x 5 with 55%: workouts 1-4

Stage 2: 5 x 5 with 57.5%: workouts 5-8

Stage 3: 5 x 5 with 60%: workouts 9-12

The One Week Option

You may prefer a shorter preparatory phase by doing phase 1 for just one week. If this is the case, each stage will last for two workouts as shown below:

Stage 1: 5 x 5 with 55%: workouts 1 – 2

Stage 2: 5 x 5 with 57.5%: workouts 3 – 4

Stage 3: 5 x 5 with 60%: workouts 5 – 6

The Three-Week Option

The longest that I would recommend for phase 1 is three weeks. If you choose this option, each stage will last one week. This option is listed below:

Stage 1: 5 x 5 with 55%: workouts 1 – 6 (all workouts of week 1)

Stage 2: 5 x 5 with 57.5%: workouts 7 – 12 (all workouts of week 2)

Stage 3: 5 x 5 with 60%: workouts 13 - 18 (all workouts of week 3)

Adjustments

Always feel free to adjust the percentages if necessary. This is very much an individual matter based on how your body responds. You may find that it works better to increase the percentages by 2% to 5% above the percentages listed. Just make sure that you do not increase the percentages to the point where you begin the heavy 3 x 5 phase in a state of fatigue. Doing so would cause the preparatory phase to hinder your recovery ability instead of enhancing it.

Rest Between Sets: 60 to 90 Seconds

Since phase 1 is done with only 55% to 60% of the maximum weight that you can lift for a single rep, you don't need to rest a long time between sets. Most of you should be able to recover as you proceed from set to set by resting 60 to 90 seconds between sets. If you feel you need to rest longer than this between sets, feel free to do so. If you keep the rest time between sets down to 60 to 90 seconds, you should be able to complete the workout within 35 minutes.

Once you have finished phase 1, you are ready to head into phase 2.

Chapter 7

Phase 2: High Frequency 3 x 5



Phase 2 is very similar to phase 1 as you will be training 5 to 6 days per week, and you will still be doing 3 exercises per workout. However, instead of doing 5 sets of 5 reps per exercise, you will only do 3 sets of 5 reps per exercise.

Phase 2 is also divided into three progressive stages just as phase 1 was. However, the amount of weight that you use during phase 2 will be 10% heavier than the weight you used during phase 1. The amount of weight that you will use for each stage is listed below:

Stage 1: Do 3 x 5 with 65% of your single rep max

Stage 2: Do 3 x 5 with 67.5% of your single rep max

Stage 3: Do 3 x 5 with 70% of your single rep max

I recommend that you do phase 2 for two weeks which I also recommended for phase 1. At the same time, I also make room for adjustments according to what works best as you may find that one week or three weeks works better. The amount of time that you spend on each stage during phase 2 is shown below according to whether you choose the two week option, the one week option, or the three week option.

The Two-Week Option

If you choose the two week option for phase 2, you will be doing a total of 12 workouts consisting of six workouts each week. The three stages of phase 2 will be divided into four workouts each. This option is shown below:

Stage 1: 3 x 5 with 65%: workouts 1-4

Stage 2: 3 x 5 with 67.5%: workouts 5-8

Stage 3: 3 x 5 with 70%: workouts 9-12

The One-Week Option

The one week option for phase 2 will require two workouts for each stage across a total of six workouts. This option is shown below:

Stage 1: 3 x 5 with 65%: workouts 1 – 2

Stage 2: 3 x 5 with 67.5%: workouts 3 – 4

Stage 3: 3 x 5 with 70%: workouts 5 – 6

The Three-Week Option

The three week option for phase 2 will result in each stage lasting for one week across 18 workouts as follows:

Stage 1: 3 x 5 with 65%: workouts 1 – 6 (all of week 1)

Stage 2: 3 x 5 with 67.5%: workouts 7 – 12 (all of week 2)

Stage 3: 3 x 5 with 70%: workouts 13 - 18 (all of week 3)

Adjustments

As was stated in the last chapter, you may find that it works better to increase the percentages by 2% to 5% above the percentages listed. Just make sure that you do not increase the percentages to the point where you begin the heavy 3 x 5 phase in a state of fatigue. Doing so would cause the preparatory phase to hinder your recovery ability instead of enhancing it.

Rest Between Sets: 2 Minutes

The 60 to 90 second rest time between sets that was used for phase 1 will need to be increased to 2 minutes during phase 2. The reason for this is because the weight is increased by 10% during phase 2. The increase in weight is going to demand more rest time between sets in order to fully recover and remain at full strength for every set of the workout. If you feel you can remain at full strength for every set of the workout with shorter rest periods between sets, you can decrease the rest periods. If you feel as though you are not able to remain at full strength for every set of the workout when using 2 minutes of rest between sets, increase the rest periods enough to remain at full strength for every set of the workout.

Chapter 8

Phase 3: Heavy 3 x 5



When you finish with the preparatory phases, you are ready to move to phase 3. Phase 3 consists of heavy 3 x 5 lifting three days per week. Your goal is to make progress in phase 3 as long as possible by using either the *Load Until You Miss Method*, or the *Marker Rep Method*. You can review these methods if necessary, by referring back to the explanations of each method in chapters three and four.

Stick with phase 3 as long as you continue to make progress.

Any time you reach a point where you can no longer improve in phase 3, you can go back and use phases 1 and 2 again. This will prepare your body again for more heavy lifting in phase 3. You may also find it beneficial to take a week off if you reach the point where you are no longer making progress in phase 3 before starting back into phase 1 again.

Chapter 9

Integrating Heavy 3 x 5 Within Phases 1 And 2



Phases 1 and 2 can be altered slightly by blending the lighter lifting together with heavier lifting. This option will be discussed in this chapter.

When blending high frequency 5 x 5 with heavier lifting in phase 1, all but one workout per week will be done with lighter weights for 5 x 5. The heavier workout will be done using 3 x 5 and the amount of weight should allow you to perform all 5 reps of every set using a steady even rep pace. The amount of weight that you should use for the heavy 3 x 5 workouts should be about 77% of your single rep max. This is also the amount of weight that you would use for the *Load Until You Miss Method* when starting the heavy 3 x 5 lifting in phase 3.

I recommend using either a 2 week cycle or a 3 week cycle for phase 1 when integrating heavy 3 x 5 with high frequency 5 x 5. I do not recommend a one week option for integrating heavy 3 x 5 training with high frequency 5 x 5 training for phase 1. The reason is because the phase would be so short that it would be pointless to include heavy 3 x 5 since you would soon transition back to heavy 3 x 5.

Two Week Option

If you choose the 2 week option for phase 1, you will be doing a total of 12 workouts over the course of 2 weeks. This means that two heavy 3 x 5 workouts must be intermingled with the 3 stages of phase 1 over the course of 12 workouts. This can be done by organizing your training schedule as follows:

Train 6 days per week for a 2 week total of 12 workouts

Workout 1: Do heavy 3 x 5 with 77%

Workouts 2, 3, 4: Do 5 x 5 with 55% (this is stage 1)

Workouts 5, 6: Do 5 x 5 with 57.5% (this is stage 2)

Workout 7: Do heavy 3 x 5 with 77%

Workout 8: Do 5 x 5 with 57.5% (this is stage 2)

Workouts 9, 10, 11, 12: Do 5 x 5 with 60% (this is stage 3)

Three Week Option

You may also prefer the three week option for phase 1. If so, you can organize your workouts as follows:

Train 6 days per week for a 3 week total of 18 workouts

Workout 1: Do heavy 3 x 5 with 77%

Workouts 2-6: Do 5 x 5 with 55% (this is stage 1)

Workout 7: Do heavy 3 x 5 with 77%

Workouts 8-12: Do 5 x 5 with 57.5% (this is stage 2)

Workout 13: Do heavy 3 x 5 with 77%

Workout 14-18: Do 5 x 5 with 60% (this is stage 3)

These same 2 week and 3 week options can also be used for phase 2 when integrating high frequency 3 x 5 with heavy 3 x 5. All that's required is to adjust the amount of weight according to what you should be using for phase 2. The two week and three week options for phase 2 are shown below:

Two Week Option Phase 2

Train 6 days per week for a 2 week total of 12 workouts

Workout 1: Do heavy 3 x 5 with 77%

Workouts 2, 3, 4: Do 3 x 5 with 65% (this is stage 1)

Workouts 5, 6: Do 3 x 5 with 67.5% (this is stage 2)

Workout 7: Do heavy 3 x 5 with 77%

Workout 8: Do 3 x 5 with 67.5% (this is stage 2)

Workouts 9, 10, 11, 12: Do 3 x 5 with 70% (this is stage 3)

Three Week Option Phase 2

Train 6 days per week for a 3 week total of 18 workouts

Workout 1: Do heavy 3 x 5 with 77%

Workouts 2-6: Do 3 x 5 with 65% (this is stage 1)

Workout 7: Do heavy 3 x 5 with 77%

Workouts 8-12: Do 3 x 5 with 67.5% (this is stage 2)

Workout 13: Do heavy 3 x 5 with 77%

Workout 14-18: Do 3 x 5 with 70% (this is stage 3)

Chapter 10

An Individual Matter



The high frequency training preparation for heavy 3 x 5 training is not a magic formula that is guaranteed to be the best approach to training for everyone. It is simply an option that you can try to see if you respond well to high frequency training. Some people are going to find that the high frequency preparatory phases will energize them for more productive training when transitioning to heavy 3 x 5 training. Others may feel that the change between high frequency training and training only three days per week throws them out of sync.

Remember that there are different phases and different options within each phase. You may find that one of the preparatory phases or one of the options within a phase works better than the others. Your goal is to optimize your training by discovering which options work best. If one of the phases, or one of the options within a phase is nonproductive, throw it out. No one can tell you ahead of time the exact variation of training that your body will respond to best. Every lifter has the responsibility to assess their own results and to stick with what works. Always follow results. As you do so, it is my hope is that the information in this book brings you a step closer to the results you are looking for. 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. 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

Boom!

Bottom Up Loading

Cluster Set Training

Developing A Feel For Effective Workouts

Easy Progression With Mini Sets

Force And Frequency Training

Fusion 3: Book 1

Giant Pyramid Training

High Frequency Strength Training

High Volume 5's

Heavy Frequency Training

Individualized Workouts For Hardgainers

Intensity Ratios

Marker Rep Training

Never Miss A Lift

Overcoming Strength Training Plateaus

Phase Potentiation

Quick Workouts For Quick Muscles

Rest-Pause Training

Short Cycle Mastery

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

The Redistribution Principle

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