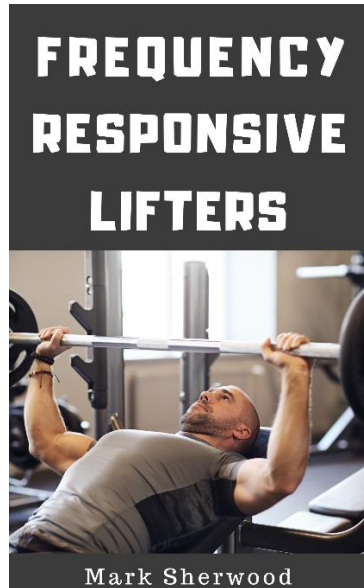


# FREQUENCY RESPONSIVE LIFTERS



Mark Sherwood

# Frequency Responsive Lifters



Mark Sherwood

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Frequency Responsive Lifters

By Mark Sherwood

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# Introduction

The frequency responsive lifter responds best to workouts that are done on a high frequency basis. This generally consists of full body workouts that are performed 5 to 6 days per week. Among those who respond well to high frequency lifting, there are three different types of lifters that will be discussed in this book. A brief introduction to each type of lifter will help you to understand the basics of each type of lifter.

## **Type 1: The Rapid Recovery Lifter**

The first type of lifter who responds well to high frequency training consists of those who can recover very quickly after their workouts. These lifters can train their whole body every 24 hours and fully recover from workouts that normally take 48 to 72 hours of recovery time for the majority of lifters.

## **Type 2: The Lifter With a Short Muscle Activation Period**

The second type of frequency responsive lifter does not have superior recovery ability. The reason they must work out on a frequent basis is because their muscles only stay activated for growth and strength for a brief period after a workout. Their muscles do not stay activated long enough to grow bigger and stronger if they wait 48 or more hours between workouts.

These lifters often find themselves in a catch 22 situation. Why? Because they do not have exceptional recovery ability. At the same time, they must workout often to keep their muscles activated or they won't improve. The problem with this is that exceptional recovery ability is needed in order to recover from frequent workouts. The only way to deal with this is to modify workouts to make recovery easier. This is done by doing brief workouts and utilizing moderate training intensity in each workout. In other words, the workouts must be just hard enough to stimulate size and strength, but no harder than absolutely necessary. Progress is achieved by gradually increasing the weight of the workouts over time.

## **Type 3: The Lifter With A Slow Metabolism**

The third type of lifter that benefits from high frequency training is the lifter who has a slow metabolism. Many people think of a person with a slow metabolism as being overweight, but the focus of this book is on those who want to gain size and strength. Some lifters with a slow metabolism find it hard to gain weight because they do not have the digestive power to take in extra calories without suffering from a myriad of digestive disorders. These lifters must work out often to stimulate their metabolisms to the point where they can tolerate the consumption of more calories than they burn off.

The purpose of this book is to help you to recognize whether you are one of the three types of lifters who will benefit from high frequency training. Just as important are the examples of training that are provided for each type of lifter. The rest of the book will provide the details concerning these matters.

## Getting Started With The Right Exercises

Regardless of which type of high frequency lifter you happen to be, I recommend fairly simple workouts in terms of the exercise selection. This basically means choosing one exercise per muscle group within the same workout. If you prefer variety, change your exercises from workout to workout. This is better than trying to achieve exercise variety by doing three or four exercises per muscle group within the same workout as it can easily lead to doing a lot of sets. If you do a lot of sets within the same workout on a high frequency basis, it will tend to lead to overtraining.

Assuming your top priority is to build strength and muscle size, each workout should consist of one exercise for each muscle group according to the exercises listed below:

<b>Exercises For Major Muscle Groups</b>		
<p style="text-align: center;"><b>Leg Exercises</b></p> <p style="text-align: center;">Squats Leg Press Front Squats Goblet Squats Hack squats Belt Squats</p>	<p style="text-align: center;"><b>Back Exercises</b></p> <p style="text-align: center;">Barbell rows Seated Pulley Rows Seated Machine Rows T-bar rows Lat pulldowns Deadlifts</p>	<p style="text-align: center;"><b>Chest Exercises</b></p> <p style="text-align: center;">Bench Press Incline Press Dips</p> <p>Note: Presses can be done with barbells, dumbbells, or machines.</p>

<b>Exercises For Small Muscle Groups</b>		
<p style="text-align: center;"><b>Shoulder Exercises</b></p> <p style="text-align: center;">Overhead Press DB Lateral Raises Machine Lateral Raises</p> <p>Note: Overhead presses can be done with barbells, dumbbells, or machines.</p>	<p style="text-align: center;"><b>Arms</b></p> <p style="text-align: center;"><b>Biceps Exercises</b></p> <p style="text-align: center;">Any form of curls with barbells, dumbbells, or machines</p> <p style="text-align: center;"><b>Triceps Exercises</b></p> <p style="text-align: center;">Any form of triceps extensions with barbells, dumbbells or machines</p>	<p style="text-align: center;"><b>Calves and Abdominals</b></p> <p style="text-align: center;"><b>Calf exercises</b></p> <p style="text-align: center;">Any calf raise exercise</p> <p style="text-align: center;"><b>Ab Exercises</b></p> <p style="text-align: center;">Curl ups Reverse curl ups Crunches Planks</p>

## **Use Good Exercise Form**

Of course, it is very important to do each exercise with the best form possible. The common factors that apply to good form are listed below:

1. Use a full range of motion for each exercise.
2. Both the weights and your body should always be balanced and under control while lifting.
3. Avoid jerky motions. Do not bounce the bar at the bottom of a lift. Maintain a smooth lifting motion throughout each exercise motion.
4. Do not let your back round over when performing squats, deadlifts, or rows.
5. Do not arch your back excessively when overhead pressing.
6. If you fatigue to the point where your form falls apart at the end of a set, stop the set.
7. Most powerlifters and bodybuilders perform one rep every one to two seconds for upper body exercises. In contrast, it may take up to three seconds per rep when doing squats. Some lifters prefer lifting slower which is perfectly fine, but I would not recommend lifting faster unless you are doing a speed specific workout.

Selecting effective exercises is the first step to designing a workout regardless of which type of high frequency lifter you tend to be. However, since there are three types of lifters who benefit from high frequency training, the next three chapters will address the type of high frequency training that should be done for each type of lifter.

# Chapter 1

## Type 1: The Rapid Recovery Lifter

The normal amount of time needed for a muscle group to recover after a workout for the majority of lifters is 48 to 72 hours. However, not all lifters are created equal in terms of recovery ability. Some lifters recover slower than normal, and some lifters recover faster than normal. If you are a lifter who recovers faster than normal, you don't need 48 to 72 hours of rest between workouts. You are the type of lifter who will respond well to high frequency training. Instead of working each muscle group two to three times per week, you respond better when you work each muscle group five or six times per week.

Even if you have a fast recovery rate, you must be cautious about over-training when using high frequency training. You may be able to benefit from using fairly normal workouts in conjunction with high frequency training, however, you may get into trouble if you try to combine high volume training, or constant high intensity training with high frequency training.

A normal capacity for sets consists of 2 to 4 warm up sets followed by 2 to 4 work-sets for each muscle group. This being the case, there are several workouts that you may respond well to on a high frequency basis. These workouts are listed below. The number of sets and reps listed should be done for each muscle group:

### **Workout 1:**

3 sets of 5 reps with 80% to 85% of your single rep max

### **Workout 2:**

If you decrease the weight by 5% for the 3 x 5 workout, you can add a couple extra sets and do:

5 sets of 5 reps with 75% to 80% of your single rep max

### **Workout 3:**

**You can do** a fast-paced workout with only 20 to 30 seconds reps between sets as follows:

4 sets of 8 reps with 60% to 65% of your single rep max.

### **Workout 4:**

3 sets of 8 reps with 75% of your single rep max for each muscle group



### **Workout 5:**

A pyramid consisting of the following sets, reps, and weight:

1<sup>st</sup> set: 10 reps with 40% of your single rep max

2<sup>nd</sup> set: 8 reps with 55% of your single rep max

3<sup>rd</sup> set: 6 reps with 65% of your single rep max

4<sup>th</sup> set: 6 reps with 80% of your single rep max

5<sup>th</sup> set: 15 reps with 60% of your single rep max

Rest 45 seconds between sets 1 through 3 and 2 minutes before doing sets 4 and 5.

If you want to do more sets and have the capacity to still recover on a high frequency bases, do a second set of 6 reps with 80% of your single rep max.

### **Workout 6:**

Pick 2 exercises for each muscle group and do the following sets and reps for each exercise:

1 set of 12 reps with 40% of your single rep max

1 set of 10 reps with 55% of your single rep max

1 set of 8 reps with 65% of your single rep max

1 set of 6 reps with 80% of your single rep max

Rest 1 minute between sets 1 through 3 and 2 minutes before set 4.

### **Adjustments**

Adjustments can be made to any of the workouts listed according to what you find works best. There are a variety of rep ranges listed, but these may be altered slightly if it seems beneficial. The number of sets listed for the various workouts can also be altered if it seems beneficial. The most important guideline in weight training is to follow results and do what works best. This means that if you are doing something that isn't working, stop doing it and make adjustments until you find what does work. When you find something that works, keep doing it as long as it works.

## Chapter 2

### Type 2: Short Muscle Activation Period

Some lifters have muscles that only stay activated for 24 hours or less after a workout. If they wait 48 hours or more between workouts, the benefits of the workouts will quickly erode away before the next workout is scheduled. The terms, *atrophy*, *adaptive decay*, *detraining*, *loss of muscle size and strength*, all describe what these lifters so easily experience between workouts. The only way they can keep their muscles activated for muscle growth is to train them more often than most lifters by training their whole body every 24 hours.

If you have superior recovery ability, it won't be a problem to work out every 24 hours, and you can simply do the workouts listed in the last chapter. The problem is that most lifters do not have the type of superior recovery ability that is required for high frequency lifting. Those who are challenged with muscles that only stay activated for a short time after workouts will need to engage in high frequency training whether they have superior recovery ability or not.

Among those who do not have superior recovery ability, the only solution is to modify the workouts to make them easy to recover from. This can only be accomplished by doing brief workouts that are not high in intensity, but moderate in intensity. The idea behind training for these lifters is to only train hard enough without training any harder than necessary. Since the training intensity will only be moderately hard, gains may come slower. This will require patience. Those who grow impatient and push themselves to make quick gains will quickly over train and stop gaining.

#### **Guidelines**

Lifters who have a short muscle activation period, yet feel that they are subject to overtraining should follow the guidelines listed below:

- Work your whole body 5 to 6 days per week.
- Just do one basic exercise per muscle group in a given workout, although you can change the exercises from workout to workout.
- Do 2 to 4 warm up sets for each exercise.
- Do 3 to 4 work sets for each exercise
- Do 5 to 10 reps per set. Both heavy weights for low reps and light weights for high reps can cause burnout, so stick with 5 to 10 reps per set.
- Avoid high intensity training. Stop your sets 3 to 4 reps before reaching max reps to failure.
- If you have been training for six months or less, try adding 5 pounds to your lifts every 2 to 3 weeks. This will add up to 40 to 60 pounds of added strength in six months.
- If you have been training for more than six months, add 5 pounds to your lifts every 6 weeks. This will give you 40 pounds of added strength in one year. If you can keep it up for several years, you will be 200 pounds stronger at the end of 5 years.

If you train each muscle group with the amount of sets, reps and weight listed below, your workouts will fit into the workout guidelines for lifters with a short muscle activation period:

**Workout 1**

3 sets x 6 reps using 75% of your single rep max

**Workout 2**

4 sets x 5 reps using 75% of your single rep max

**Workout 3**

3 sets x 8 reps using 65% to 70% of your single rep max

**Workout 4**

4 sets x 8 reps using 65% of your single rep max.

If the intensity of the workouts listed seems low, just remember that you will be working out the next day and you won't have much time to recover between workouts. The moderate level of training intensity is what allows you to recover from high frequency training. If you stick with these workouts, you will be able to gradually add weight to your lifts over time. If you progress at the right rate, it won't feel as though the workouts are getting harder and harder every time you add weight. Patience and consistency are the key to long term progress.

## Chapter 3

### Type 3: The Lifter With A Slow Metabolism

The biggest problem that some lifters face is an intolerance to high calorie diets due to a slow metabolism. If you fit into this category, high calorie diets will backfire. You will eat a substantial amount of food for a few days and become nauseated and sick. The reason is because a slow metabolism does not provide sufficient digestive power for adequate digestion. Undigested food does not convert into muscle and will only interfere with your body's ability to utilize the food that you are taking in. One solution for this is high frequency training, some of which should consist of 12 or more reps. The goal of this is to improve your metabolism to the point where you can tolerate taking in more calories than you burn off.

#### **Include Squats in Your Workouts**

**The number one exercise that will speed up a slow metabolism is squats for 12 to 15 reps.** This being the case, I recommend that you do whole body workouts 5 to 6 days per week, and include one set of squats for 12 to 15 reps in every workout to speed up your metabolism. In addition to squats for 12 to 15 reps, you should finish each exercise with a set of 12 to 15 reps. Sets of 5 to 10 reps are also good for each exercise, but your last set of each exercise should be 12 to 15 reps.

## **Workouts**

When you take these things into account, I recommend that lifters who have a low tolerance to extra calories include squats in each workout while performing the following amount of sets and reps for each exercise and muscle group:

### **Workout 1**

Do 1 to 2 sets of 6 reps with 80% of your single rep max

Finish each exercise with 1 set of 15 reps with 60% of your single rep max

### **Workout 2**

Do 3 sets of 5 reps with 80% of your single rep max

Finish each exercise with 1 set of 12 reps with 65% of your single rep max

### **Workout 3**

Do 2 sets of 10 reps with 65% to 70% of your single rep max

Finish each exercise with 1 set of 15 reps with 60% of your single rep max

### **Workout 4**

Do 3 sets of 8 reps with 65% to 70% of your single rep max

Finish each exercise with 1 set of 12 reps with 65% of your single rep max

## **Adjustments**

As with any workout, adjust the weight and the number of sets to fit your recovery ability. If you can recover, you can add more sets. If you aren't recovering, decrease the number of sets or the weight. Adjust as needed until you find what works best and stick with it.

## **Added Exercise**

If the weight training workouts don't seem to increase your ability to take in enough calories to gain weight, I recommend one of the following forms of exercise to further boost your metabolism:

Ride a stationary bike for 15 minutes each day

Do 200 body weight squats each day

Alternate jogging for 3 minutes with sprinting for 30 seconds. Work your way up to 10 to 15 minutes of this per day either on a treadmill, a track, or outdoor running.

Use a rowing machine for 10 to 15 minutes per day.

Use a stair master for 10 to 15 minutes each day.

Use a rebounder for 10 to 15 minutes each day.

If you prefer a type of exercise that was not listed, you can use it. Just be sure that the exercise is continuous without being overtaxing. Do not exhaust yourself by going all out for 10 to 15 minutes with the type of additional exercise that you choose. Pace yourself. If you prefer high intensity exercise, do it in brief burst of no more than 30 seconds per burst.

## **Diet**

The inability to take in enough calories to gain weight can also be caused by an intolerance to specific foods. If you always seem to have digestive difficulties that are intensified when you increase your caloric intake, I recommend the **Blood Type Diet**. The first step is to go to the doctor to find out what your blood type is. Once you know your blood type, you can go online and find out which types of food are compatible with your blood type, and which foods are not. You can also see a nutritionist who specializes in helping you to determine if you have **food allergies or sensitivities to specific foods** that you should avoid.

## **Overweight and Weight Loss**

I don't want to completely overlook those who are overweight due to a slow metabolism. These lifters gain weight on a small amount of calories. Those who want to lose weight can also benefit from speeding up their metabolisms with the type of high frequency training described in this chapter.

Whether the goal is to reduce weight, or gain weight, those with a slow metabolism can benefit from the same type of high frequency training to speed up their metabolism. The difference is not in the training, but in the diet. Those who want to gain weight must take in more calories than they burn off, and those who want to lose weight must burn off more calories than they take in.

## Chapter 4

### The High Frequency Training Option

High frequency training is just one form of training. If you happen to fit the description of one of the three types of lifters described in this book, then high frequency training will prove to be a productive option. If not, there are many other training options that you can explore. The key is to find the type of training that works best for you.

My hope is that the information in this book brings you a step closer in discovering the type of training that works best for the unique characteristics of your own body. Those who are willing learn, experiment, and interpret the results of their training are going to make the greatest progress in the end. Be patient, systematic, and consistent in your efforts, as this is what will lead to the most progress possible. 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

Boom!

Bottom Up Loading

Cluster Set Training

Developing A Feel For Effective Workouts

Easy Progression With Mini Sets

Force And Frequency Training

Frequent Training Preparation

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