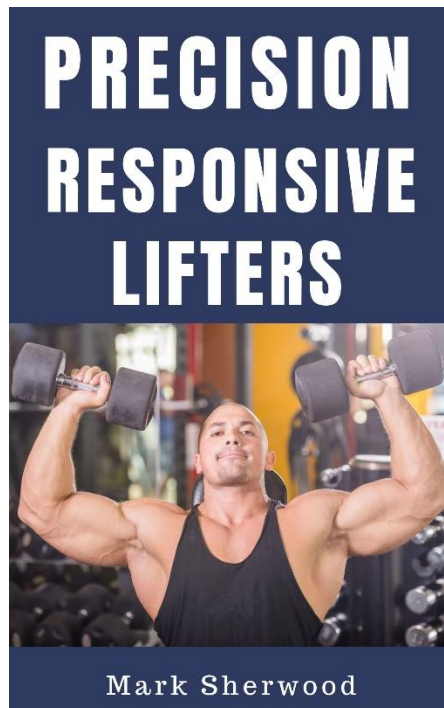


PRECISION RESPONSIVE LIFTERS



Mark Sherwood

Precision Responsive Lifters



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For more information from the author visit:

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Precision Responsive Lifters

By Mark Sherwood

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Introduction

Some of the best lifters have the capacity to benefit from doing more sets or applying more intensity than what would be beneficial for most lifters. At the same time, some of the best lifters can get away with doing less sets and fewer workouts than what is needed to stimulate size and strength for the majority of lifters. You will also find that some of the best lifters have a normal capacity in terms of the amount of volume, intensity and frequency that prove to be the most beneficial. The key is that they learn how to apply the norm with precision.

Ed Coan fits into the category being fairly normal in terms of the amount of sets that produced the best results for each muscle group. He was also normal in terms of his capacity for the amount of intensity and frequency that produced the best results. The important thing that must be understood about this is that even though Ed was fairly normal in terms of the amount of volume, intensity, and frequency that he utilized when training, he developed an abnormal amount of strength. He didn't succeed with extremes in volume, intensity, and frequency, he succeeded by refining a normal amount of training until he discovered a precise training system that perfectly fit his body. I say this to help you avoid the misconception that you must have the ability to withstand some extreme form of training in order to develop considerable size and strength.

High-intensity training is great for those who are highly responsive to it. Likewise, high-volume training is great for those who are highly responsive to it. The same is true of high-frequency and high-density training, but all of these forms of training tend to work for those who respond best to an extreme. The extremes are only good for those who benefit from them, but not everyone does, including some of the best lifters who focus on precision instead of extremes.

There are many people who hate the word, "normal," because they believe that a normal amount of training will only produce normal results, however, most people respond best to a normal amount of training and are better off if they ignore the extremes. If normal training works extremely good for you, then you should do it, and if you are highly responsive to normal training, don't sabotage yourself with some form of extreme training, but refine your training with precision workouts.

The purpose of this book is to identify a normal amount of volume, intensity, and frequency that most lifters respond to best. This is the starting place when searching for the type of training that proves to work the best in your own experience. The next step is to refine your training and narrow it down from a normal range, to a precise amount of volume, intensity, and frequency that is based on your personal capacities. If you are not satisfied with the results, or you simply want to see how your body responds when you move outside of the norm, then you can experiment with more extreme types of training. However, I believe the best starting place is the norm which can be refined more and more to the point of precision as that is what works best for most lifters.

Chapter 1

The 2 to 3 And The 2 to 4 Norm

What is the normal range of training capacity in terms of volume, intensity, and frequency? Part of it will depend on the type of exercises you perform. For the purposes of this book, I am assuming that you want to gain both size and strength which can be best accomplished with basic compound exercises for legs, chest, back and shoulders. This would include pressing movements for the chest and shoulders, pulling movements for the back, and squatting movements plus leg presses for the legs. While the shoulder muscles benefit from pressing movements, they also benefit from isolation exercises. Other muscle groups that are especially responsive to isolation exercises are smaller muscles such as the biceps and triceps muscles of the arms, and the calf muscles of the legs. Some of the basic compound movements and isolation exercises that are commonly used for building size and strength are listed below:

Exercises For Major Muscle Groups		
Leg Exercises Squats Leg Press Front Squats Goblet Squats Hack squats Belt Squats	Pulling Exercises Barbell rows Seated Pulley Rows Seated Machine Rows T-bar rows Upright Rows Lat pulldowns Deadlifts	Pressing Exercises Bench Press Incline Press Overhead Press Dips Note: Presses can be done with barbells, dumbbells, or machines.

Isolation Exercises		
Shoulders DB Lateral Raises Machine Lateral Raises	Arms Biceps Exercises Any form of curls with barbells, dumbbells, or machines Triceps Exercises Any form of triceps extensions with barbells, dumbbells or machines	Calves and Abdominals Calf exercises Any calf raise exercise Ab Exercises Curl ups Reverse curl ups Crunches Planks

The 2 to 3 and 2 to 4 Range

When using the basic exercises listed, the 2 to 3 and 2 to 4 range will give you a simple formula for performing a normal amount of volume, intensity, and frequency that works for the majority of lifters. The following information will help you understand what the 2 to 3 and 2 to 4 range means.

Volume: The 2 to 4 Range

Volume is generally considered the amount of sets you perform for each muscle group. For those who have a normal capacity for volume, I recommend the following amount of sets:

Do 2 to 4 warm up sets for each muscle group before doing your work-sets for the same muscle group.

Do 2 to 4 work-sets for each muscle group.

Intensity: The 2 to 3 Range

Intensity refers to the amount of effort it takes to complete a set. Maximum intensity is accomplished by doing as many reps as possible within a set. This is called training to failure. The closer you come to reaching the point of failure within a set, the higher the intensity. Some lifters respond extremely well to high intensity training, but not everyone does when it comes to long term results. I recommend the following for those with a normal capacity for intensity:

Stop your work-sets **2 to 3 reps** before reaching the point of failure.

Frequency: The 2 to 3 Range

Frequency refers to the number of times that you train each muscle group over the course of a week. I recommend the following frequency for those with a normal capacity for training frequency:

Train each muscle group **2 to 3 times per week**.

Rep Range

One thing that is missing from the 2 to 3 and 2 to 4 range is how many reps you should do per set. I suggest 3 to 8 reps for those who's primary concern is to build strength. For those who are concerned about building size, the rep range can be shifted to 5 to 15 reps.

Chapter 2

Sample Workouts: 3 Sessions Per Week

3 Sessions Per Week

The information from the last chapter tells you the exercises and the range of sets, reps, and days per week to train each muscle group. It also tells you the amount of intensity that should be used for your work-sets. What would all of this look like if you incorporate it into a weekly training schedule consisting of three workouts per week for each muscle group? An example is presented on the next page:

Train Each Muscle Group Three Times Per Week

Warm Up Sets

*Do 2 to 4 warm up sets for starred items including squats, presses, seated pulley rows, and T-bar rows. You do not need to do warm up sets for any other exercises. An example of warm up sets is listed on the next page.

How Much Intensity?

Stop each set 2 to 3 reps short of failure when performing work-sets for each exercise.

Day 1	Day 2	Day 3
*Squats 2 sets x 8 reps	*Leg Press 2 sets x 5 reps	*Squats 2 sets x 3 reps
Goblet Squats 1 set x 12 reps	Goblet Squats 1 set x 12 reps	Belt Squats 1 set x 12 reps
*Bench Press 2 sets x 8 reps	*Overhead Press 2 sets x 5 reps	*Bench Press 2 sets x 3 reps
Incline Press 1 set x 12 reps	Wide Grip Dips 2 sets x 10 reps	Incline DB Press 1 set x 12 reps
*Seated Pulley Rows 2 sets x 8 reps	*Seated Pulley Rows 2 sets x 6 reps	*T-Bar Rows 2 sets x 5 reps
Lat Pulldowns 1 set x 12 reps	Straight Legged Deadlifts 2 sets x 12 reps	Lat Pulldowns 1 set x 12 reps
Dumbbell Lateral Raises 2 sets x 10 reps	Dumbbell Lateral Raises 2 sets x 10 reps	Seated Dumbbell Curls 2 sets x 8 reps
Barbell Curls 2 sets x 8 reps	Barbell Curls 2 sets x 8 reps	Overhead Triceps Extensions 2 sets x 8 reps
Lying Triceps Extensions 2 sets x 8 reps	Triceps Press-downs 2 sets x 8 reps	Standing Calf Raises 3 sets x 12 reps
Seated Calf Raises 3 sets x 12 reps	Seated Calf Raises 3 sets x 12 reps	Curl-ups for Abs 3 sets x 12 reps
Curl-ups for Abs 3 sets x 12 reps	Curl-ups for Abs 3 sets x 12 reps	

Workout Every Other Day

Workout every other day in order to do 3 workouts per week. For example, workout Mondays, Wednesdays, and Fridays, or Tuesdays, Thursdays, and Saturdays.

When directed to do warm up sets for a specific exercise, do 2 to 4 warm up sets. In the following example, four warm up sets are listed, but you can simply do the first 2 sets if you prefer to just do 2. Likewise, you can simply do the first 3 warm up sets if you prefer to do 3 warm up sets.

1 x 10 with 40% of your single rep max

1 x 8 with 50% of your single rep max

1 x 5 with 65% of your single rep max

1 x 3 with 70% of your single rep max

Reminders and Recommendations

Remember that warm up sets are just that, they are warm up sets. You should not have to push hard when doing warm up sets. Save the hard work for the work-sets that are listed for your workout. The work-sets should be more taxing and force you to stop 2 to 3 reps short of failure.

If you are doing more than one exercise for a muscle group, you do not need to do warm up sets for every exercise; just do warm up sets for the first exercise that you are doing for a specific muscle group. For example, if you are doing two exercises for your chest consisting of bench presses first, and incline presses second, just do some warm up sets for bench presses. You do not need to do warm up sets for incline presses because your chest muscles will already be warmed up from doing the bench press. In addition, you do not need to do warm up sets for smaller muscles such as the shoulders, triceps and biceps if you do them after your chest and back exercises. The reason for this is because your shoulders and arms will already be warmed up from having done the chest and back exercises.

I would recommend that you do all four warm up sets when warming up for heavier work-sets consisting of 3 to 8 reps.

You may only need 3 warm up sets when doing work-sets consisting of 10 to 12 reps.

You may only need 2 warm up sets when doing work-sets consisting of over 12 reps.

Even though I have provided recommendations in regard to how many warm up sets to perform, warm ups are somewhat of an individual matter. If you don't feel ready to do work-sets after doing a certain number of warm up sets, then keep doing warm up sets until you feel ready to do your work-sets.

Chapter 3

Sample Workouts: Split Routines

Most lifters respond best to training each muscle group 2 to 3 times per week. An example of hitting each muscle group three times per week was given in the previous section. This will work for a lot of lifters, however, some lifters respond better to training each muscle group twice per week, which will be discussed in this section. Many lifters find it easier to divide their muscle groups into two different workouts. When this is done twice per week, the end result is a total of four workouts over the course of a week. When working each muscle group twice per week, it is important that you organize your weekly schedule so that you allow each muscle group 2 to 3 days of rest before working it again.

An example of working each muscle group twice per week over the course of four workouts is presented on the next page:

Train Each Muscle Group Twice Per Week Over Four Workouts

Warm Up Sets
 *Do 2 to 4 warm up sets for starred items including squats, presses, seated pulley rows, and T-bar rows. You do not need to do warm up sets for any other exercises.

How Much Intensity?
 Stop each set 2 to 3 reps short of failure when performing work-sets for each exercise.

Workout 1 Legs - Back - Biceps	Workout 2 Chest and Shoulders Triceps - Calves - Abs	Workout 3 Legs - Back - Biceps	Workout 4 Chest and Shoulders Triceps - Calves - Abs
*Squats 2 sets x 8 reps	*Bench Press 2 sets x 8 reps	*Leg Press 2 sets x 5 reps	*Bench Press 2 sets x 5 reps
Goblet Squats 2 sets x 12 reps	Incline Press 2 set x 12 reps	Goblet Squats 2 sets x 12 reps	Incline Press 2 set x 12 reps
*Seated Pulley Rows 2 sets x 8 reps	DB Lateral Raises 3 sets x 10 reps	*T-Bar Rows 2 sets x 5 reps	Overhead Press 2 sets x 8 reps
Lat Pulldowns 2 sets x 12 reps	Lying Triceps Extensions 3 sets x 8 reps	Straight Legged Deadlifts 2 sets x 12 reps	DB Lateral Raises 1 set x 10 reps
Barbell Curls 3 sets x 8 reps	Seated Calf Raises 3 sets x 12 reps	Incline DB Curls 3 sets x 8 reps	Triceps Press-downs 3 sets x 8 reps
	Curl-ups for Abs 3 sets x 12 reps		Seated Calf Raises 3 sets x 12 reps
			Curl-ups for Abs 3 sets x 12 reps

A Weekly Schedule
 Rest Each Muscle Group 2 to 3 Days Before Working It Again
 Three Options Are Listed Below

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout 1	Workout 2	Rest	Workout 3	Workout 4	Rest	Rest
Workout 1	Workout 2	Rest	Rest	Workout 3	Workout 4	Rest
Rest	Workout 1	Workout 2	Rest	Workout 3	Workout 4	Rest

Chapter 4

Precision Intensity

Understanding the normal range of capacity for volume, intensity, and frequency is a good starting place for most lifters, however, the normal range is a range, not a specific amount. The range can be refined to a precise amount of volume, intensity, and frequency that is exactly right for your body. How is this done? By using training thresholds, which I also refer to as precision points.

Training Thresholds

The use of training thresholds enables you to train hard enough to stimulate strength and growth without training so hard that it leads to overtraining. There are two basic training thresholds that you need to be aware of:

The first threshold occurs at the point in a set where you transition from strong reps to weak reps.

The second threshold occurs as you repeat sets for a muscle group and reach a transition point between strong sets and weak sets.

Since the transition point between strong reps and weak reps, and the transition point between strong sets and weak sets are the basis of training thresholds, these terms need to be defined and discussed.

Strong Reps vs. Weak Reps

Strong reps can be identified as forceful reps that are performed while maintaining a steady even rep pace within a set. If you surpass your ability to maintain a steady even rep pace, you will cross the strong rep threshold and your rep speed will start to slow down due to fatigue and weakness. These slower, weaker reps that occur at the end of a set are called **weak reps**. If you repeat reps and stop when you reach your last strong rep or your first weak rep within a set, most lifters will find that they are stopping 2 to 3 reps short of failure.

The Limit Rep and Marker Rep

The last strong rep you can perform within a set is called your **limit rep**. The next rep after your limit rep is your **marker rep** because it marks the first weaker slower rep in which a steady even rep pace can no longer be maintained. When using training thresholds, I recommend that you **stop at your marker rep until you gain enough strength for the marker rep to become a strong rep**. For example, if your tenth rep is your marker rep, it will be slower than the previous nine reps of the same set. As you gain strength, the tenth rep will begin to speed up until you reach the point where you can perform your tenth rep with the same rep speed as the previous nine reps.

Forceful Reps vs. Slow Reps

The use of training thresholds will work especially well for lifters who lift forcefully when performing each rep. Those who do slow reps without imparting force and speed into each rep will often find their rep speed never slows down until they reach the point of failure. This being the case, if you want to base your training intensity on training thresholds, I recommend that you lift forcefully or you will be pushing to

failure when you hit your limit rep or marker rep. If you prefer slow lifting, then do not base your stopping point on the transition to a slower rep speed. You would do better to stop a set when it feels as though you are starting to strain in order to keep repeating reps.

Chapter 5

Precision Volume

Strong Sets vs. Weak Sets

When considering how many sets you should perform for a muscle group, you can refine the range to a more precise amount by understanding strong sets versus weak sets. **Strong sets** are simply sets that are performed while a muscle group is at full strength. When you repeat sets for a muscle group and it weakens to the point where you can't perform as many strong reps as you could when you were at full strength, then you have crossed the threshold for strong sets and have transitioned to **weak sets**.

In order to know whether you are doing strong sets or weak sets, you must have previous training experience. Experience is what enables you to know how many reps you can usually perform with a given weight and exercise when you are at full strength. If you don't already know this information about yourself, start keeping track of how many reps you can perform with a specific weight and exercise when you are not fatigued from previous sets. Eventually you will develop an accurate determination of when you are at full strength when performing a set, and when you are not.

The Limit Set and Marker Set

The number of sets you perform is based on stopping when you reach your last strong set, or your first weak set. The last strong set you can perform for a muscle group is called the **limit set** as it is the limit of strong sets that you can perform before you begin to weaken. The next set is called the **marker set** as it marks the first weak set that you encounter when training a muscle group. I recommend stopping when you reach your limit set, but some lifters may find that they respond better when stopping after their marker set. Experiment in order to find out which works better so that you can be precise in regard to the best amount of sets for your own physiology. Most people will be able to perform 2 to 4 sets for a muscle group before they reach the threshold between their limit set and marker set.

3 Minutes of Rest Between Sets

An important training factor that must be considered when determining how many sets you can perform at full strength is the amount of rest between sets. If you rest less than a minute between sets for the same muscle group, you will already begin to weaken by your second set. The reason for this is not because you lack the capacity to do more than one strong set, but because you simply have not given your muscles enough rest to fully recover between sets. With this in mind, make sure you give yourself at least 3 minutes of rest between sets for the same muscle group. You can alternate between muscle groups with only a minute of rest between sets, but make sure you don't return back to a set for the same muscle group for at least 3 minutes.

Chapter 6

Precision Frequency

Sufficient recovery between workouts is essential if you ever hope to get bigger and stronger. If you workout too often, you won't recover back to full strength when you do your next workout. This is weak recovery because insufficient recovery results in weakness instead of strength. Insufficient recovery often occurs with high frequency training in which a lifter trains each muscle group four or more times per week. While I believe that normal lifters can benefit from high frequency training, it often requires a decrease in volume and/or intensity in each workout in order for high frequency training to work.

Training too often is a problem, but not training often enough is also a problem. If you don't work out often enough, you will extend your rest time beyond full recovery and start to experience weak recovery in the form of adaptive decay, which is also referred to as de-training. This simply means that any increase in strength or size that was gained from the previous workout will begin to erode away if you rest too long before the next workout.

Most people need 2 to 3 workouts per week for each muscle group. If you fit within this normal range, your goal is to figure out whether 2 training sessions per week or 3 training sessions per week works better. The only way to find out is to try training each muscle group twice per week for three to six weeks, followed by another three to six-week period in which you train each muscle group three times per week. Your goal is to determine which frequency works better in order to be as precise about the best training frequency as possible. Many lifters find that they can train their upper body three times per week, but they can only squat and deadlift twice per week, or vice versa. Whatever training frequency proves to work best for a given exercise or muscle group, base your training on what works.

Chapter 7

Progressive Overload

Once you understand how to refine your training to a precise amount of volume, intensity, and frequency, the next step is to understand how to make progress on a consistent basis. For those who are highly responsive to weight training, progress will come easily in the beginning. Your initial progress will be based on what is often referred to as the progressive overload principle. The overload principle is applied by exposing your body to a greater training stress than what it has experienced before. There are several ways that you can increase your training stress, but the most basic way, and the way that will be discussed in this book is simply to increase the weight.

You may be able to increase the weight of your lifts by 5 pounds every week or two if you tend to respond well to weight training. If you are an easy responder, you will have no problem increasing the weight of all of your lifts by 60 to 120 pounds within 6 to 9 months of training. All that is required is that you train consistently according to the 2 to 3 and 2 to 4 norm, while adding 5 pounds to your basic pressing, pulling, and squatting movements every one to two weeks.

Many people will find that the consistent use of the overload principle is a highly effective strategy during the first several months of weight training. However, every lifter will eventually reach the point where they can't keep adding weight every week or two. If you keep adding weight, but your body has stopped gaining strength, you won't be able to do as many reps as you had planned on doing unless you push to failure. Even then, you will find yourself doing less and less reps as you continue to add weight. When you reach the point where you are no longer gaining strength by simply adding weight to your lifts, the constant use of the overload principle becomes an ineffective strategy. It's at this point that you must learn to include an acclimation phase before attempting to increase the load. This will be explained in greater detail in the next chapter.

Chapter 8

Progressive Acclimation

The constant addition of 5 pounds to your lifts means that your body must rapidly adapt with an increase in strength on a regular basis. The problem with this is that your body does not have the ability to make rapid adaptations forever. This doesn't mean that your body can't make any adaptations at all, but it means that the adaptations will be slower, and the training conditions that create those adaptations will need to be more precise.

Slower adaptations can be achieved by using the principle of progressive acclimation. When allowing your body to acclimate to a training stress, the idea is to give your body enough time to adjust to the same weight and reps until the weight and reps become easier to lift. Anytime someone acclimates in some way to a new environmental stress, they will find it easier to withstand that same environment. The same thing happens when you acclimate to a specific amount of weight and reps. Once you have acclimated to the weight and reps you have been using and they feel easier to lift, you can add weight.

The Overload Dead-End

What people fail to realize is that they might not be able to add 5 pounds every week or two as they once could as a beginner. Once the gains slow down, weight can still be added, but it may take three to six weeks before enough strength is gained to add another 5 pounds. As a lifter becomes even more advanced, it may take 6 to 12 weeks to acclimate to the point where 5 pounds can be added to a given lift. Many lifters struggle to accept the idea of acclimation and spend a lifetime trying to apply the progressive overload principle every week.

What generally happens to lifters who constantly try to apply the overload principle is that they use training cycles that allow them to start out with fairly light weights so they can keep adding weight from week to week until they get stuck at a weight that they cannot lift. They often end up repeating the same cycle and get stuck at the same weight that they got stuck at when they reached the end of their last cycle. This dead-end process is repeated over and over again. If this has been happening in your own experience, you can always try using the progressive acclimation principle. The basic way to apply the acclimation principle is by converting weak reps to strong reps. This shall be discussed in the next chapter.

Chapter 9

Converting Marker Reps To Limit Reps

The progressive acclimation principle is carried out by acclimating to the same workouts, or same cycle of weekly workouts by gaining strength. As strength is gained, the same weight and reps become progressively easier to perform which is how you acclimate to the workouts. Anytime the weights become easier to lift, it will allow you to add more weight at the appropriate time. The best way to accomplish progressive acclimation is by converting marker reps to limit reps.

The conversion of marker reps to limit reps starts by pushing each set to your marker rep, which is a slower, weaker rep than the previous reps of the same set. The same weekly cycle of weight and reps are repeated from week to week, for a given exercise. You will notice that as you gain strength, the same weight and reps will get progressively easier which means you are progressively acclimating to the workouts. In the process, you will notice that your marker rep will start to speed up little by little until it is no longer slower than the previous reps of the same set. By using this process, the slower last rep is converted to a faster last rep. In other words, the marker rep will convert into a limit rep, which is the last rep that you can perform while maintaining a steady even rep pace within a set. An example will help to clarify this.

Todd could perform 10 reps with 150 pounds when doing seated pulley rows. He could maintain a steady even rep pace for the first nine reps, but his rep speed would start to slow down on his tenth rep, which was his last rep. The fact that Todd could maintain a steady even rep pace for nine reps means that his ninth rep was his limit rep. The tenth rep was the first slower rep which makes it Todd's marker rep. Over the next several weeks, Todd's marker rep started to speed up until it could be performed with the same rep speed as the previous nine reps. In other words, Todd's marker rep converted into his new limit rep because he could now maintain a steady even rep speed for ten reps instead of nine reps. This is a sign that the weight has become easier to lift and that he has acclimated to the weight enough to add 5 pounds.

Acclimation Plus Intermittent Overload

In the minds of many lifters the acclimation process will never work because they believe that workouts must always become more difficult in order to make progress. This mindset fails to understand that the main goal your body is trying to achieve when it gains strength is to help you lift the same amount of weight and reps with greater ease the next time you lift it. Physical adaptations are designed to make it easier for you to deal with a physical stressor. If you give your body time to accomplish its goal, you can keep repeating the process of adding 5 pounds and converting a marker rep to a limit rep. Your training will then consist of acclimation and intermittent overload. This works better than constant overload.

The process of acclimation works best when training thresholds are used. Strong reps are more comfortable for your body than the more strenuous marker rep, which is a weak rep. Your body wants to get rid of the strain that it experiences when performing a marker rep, so it gains strength to convert the marker rep into a less strenuous strong rep. If you don't push to the threshold of your marker rep, your body will be able to handle the training stress in its current condition and it won't need to adapt. In contrast, if you always push to failure, or keep overloading past your marker rep, your body never gets a

chance to acclimate. In this case, your body's desire to gain strength in order to make the weight easier to lift becomes frustrated to the point where it refuses to gain strength.

Consistent Small Adaptations

Training thresholds provide just enough training stress to cause your body to make a small adaptation. Small adaptations can be repeated to form a series of small adaptations that add up to form a big adaptation. If you exceed training thresholds by pushing past your marker set and marker rep, your body will be inclined to want to make a big adaptation. Of course, big adaptations are better than small adaptations if big adaptations can be made, but when your body cannot keep making a series of big adaptations with constant overload training, it's then that repeated small adaptations can provide a means for long-term consistent gains. This approach is based on training with precision. When applied correctly, most lifters will find that they are responsive to precision training.

Chapter 10

The Precision Responsive Option

It is my opinion that the 2 to 4 and 2 to 3 norm is the best starting place for the majority of lifters who are going through the process of trial and error in order to discover the precise amount of volume, intensity, and frequency for best results. Many will find their best results from lifting according to norms, especially when combined with precision training.

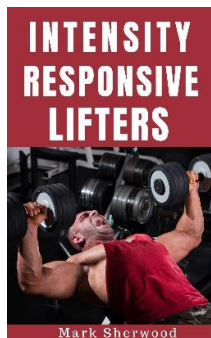
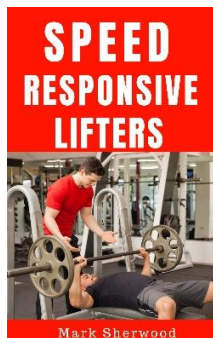
There will also be those who find that they respond better when lifting outside of the norm and there are plenty of resources to guide lifters who are better suited to other types of training such as high-volume training, high intensity training, high frequency training, high density training, speed training, and minimalist training. Resources that address each type of training will be available in the next section.

My hope is that the information in this book brings you a step closer to discovering the type of training that works best for the unique characteristics of your own body. Those who are willing to learn, experiment, and form an accurate interpretation of the results of their training are going to make the greatest progress in the end. Be patient, consistent, and systematic in your efforts, as these are the keys to maximizing your potential. I wish you much success and the best of training.

Resources For Training Outside Of The Norm

If you want to explore training outside of the normal ranges of volume, intensity, and frequency, the books that are shown below will provide you with information concerning several different types of training you can experiment with. The purpose of these books is to help you evaluate the type of training that works best for your individual physiology.

For access to these books, please go to the homepage of <http://www.precisionpointtraining.com/>



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

Density Responsive Lifters

Developing A Feel For Effective Workouts

Easy Progression With Mini Sets

Force And Frequency Training

Frequency Responsive Lifters

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

Intensity Responsive Lifters

Marker Rep Training

Minimalist Responsive Lifters

Never Miss A Lift

Overcoming Strength Training Plateaus

Phase Potentiation

Precision Responsive Lifters

Quick Workouts For Quick Muscles

Rest-Pause Training

Short Cycle Mastery

Speed Responsive Lifters

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