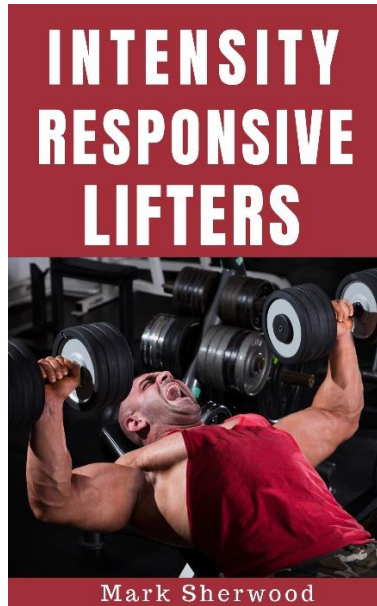


# INTENSITY RESPONSIVE LIFTERS



Mark Sherwood

# Intensity Responsive Lifters



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Intensity Responsive Lifters

By Mark Sherwood

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## Introduction

In the 1970's, a talented young bodybuilder by the name of Mike Mentzer was doing his best to ascend the ranks of competitive bodybuilding. His journey started out with a very basic training program as an early adolescent. By the time he was 15, he had already developed an outstanding body. Having a taste of bodybuilding success, he began to add on to his basic three sets per muscle group workouts. He reasoned that he needed to do this because all of the top bodybuilders that he knew about were doing high volume workouts.

Arnold Schwarzenegger, Franco Columbu, Ronnie Robinson, Sergio Oliva, and Bill Pearl were just a few examples of the top bodybuilders who commonly did 20 sets or more per muscle group. This being the case, Mentzer believed he needed to turn up his training volume to develop his body to the same extent as the top pros. Oddly enough, as he added on more volume, his gains began to slow down.

Mike knew that just about every bodybuilder finds it harder to keep gaining muscle after a few years of training. This being the case, when he saw that his gains in muscle size had slowed down, he attributed the slower gains to the fact that he had already been working out for several years. He figured the solution was simply to train more. If he increased his training to 10 sets and it stopped working, he would need to up his training to 15 sets, and then 20 sets, and as many sets as needed to keep gaining. It took him a while to figure out that high volume training was incompatible with his particular physiology.

While Mike Mentzer was doing longer and longer workouts, a young phenom rocked the bodybuilding world by winning the Mr. America as an 19 year old. The bodybuilder was Casey Viator who confounded many in the bodybuilding world by developing incredible size and strength with three brief workouts per week. When Mike heard about this, he thought back to his early days of training when he was only doing a few sets per muscle group and making very nice gains in size and strength. He wondered if he was doing more harm than good with his long high-volume workouts and decided to return to the brief workouts that he had done in his early years of training. Suddenly, he started to gain again to the point where he entered the Mr. America Contest and won. He then entered the Mr. Universe and won and came very close to winning the Mr. Olympia with a second-place finish to Frank Zane.

Mentzer realized that volume was not the main training mechanism that triggered muscle size and strength; at least not in his own experience. Mike concluded that intensity of effort was the key to size and strength, and any time he needed to improve, he found ways to increase his training intensity. He became famous for developing a high intensity method that he referred to as Heavy Duty Training.

Mike had a brother named Ray. Both utilized the same high intensity style of training, and both developed amazing physiques with simple, brief workouts. About a decade later a bodybuilder by the name of Dorian Yates began his reign as a six-time Mr. Olympia. Dorian was also a proponent of high intensity training.

Mike Mentzer, Ray Mentzer, and Dorian Yates, all have one thing in common, they are highly responsive to high intensity training. None of them needed to do long workouts consisting of tons of sets and reps. They responded better to short workouts and only a few sets per muscle group. Among powerlifters, Kirk Karwoski only needed one heavy work set per week for squats, deadlifts, and bench presses to develop an enormous amount of strength and a monstrous set of muscles that many bodybuilders would be envious of. These men are examples of intensity responsive lifters.

I personally do not believe that high intensity training is the best option for everyone, but it would be foolish to deny the tremendous results that some lifters have experienced in response to high intensity training. How do you determine whether or not you are responsive to high intensity training? You must try it to see how your body responds to it.

The purpose of this book is to provide examples of high intensity training that you can try in order to determine whether or not you are responsive to high intensity training. If you love hard training, you will be eager to start using the high intensity methods that are outlined in this book.

## Chapter 1

### Always Train To Failure

High intensity training is based on exerting a high amount of effort to complete a set of an exercise. The most basic training concept that forces you to use a high amount of effort is to push for max reps to failure on every set that you perform. This simply means to keep repeating reps as long as possible until you reach the point where you will fail to complete any more reps, no matter how hard you try to do more. Of course, the last rep of a set will be the hardest rep and you should barely be able to complete the last rep.

If you have the ability to repeat more reps within a set, but you stop before doing as many reps as possible, you are not doing high intensity training. Training to failure takes a high amount of effort, but it is the minimum requirement for high intensity training. You must always train to failure on all of your work sets when doing an honest to goodness high intensity workout. If you want to train even harder, there are high intensity methods that will help you to train beyond failure. These methods will be explained as you continue to read through this book.

## Chapter 2

### Forced Reps

Are you motivated enough to train beyond failure? This is a requirement if you want to maximize the intensity of your workouts. One method that can be used for training beyond the point of failure is to perform forced reps. You will need the help of a training partner for most exercises if you want to incorporate forced reps into your workouts. Forced reps are done when you have pushed to the point of failure and can no longer do any more reps on your own. This is where a training partner steps in and pushes or pulls up on the bar with just enough force to help you barely complete another rep. The completion of a rep with the help of a training partner is called a forced rep.

After reaching the point of failure, I recommend that you do one to three forced reps. You must be sensitive about how many forced reps are beneficial. What generally happens when you keep repeating forced reps is that your training partner starts to do more and more of the lifting for you. If your training partner is getting more of a workout than you are when assisting you with forced reps, it's time to stop the set. There isn't much point in weight lifting if you reach the point where you are so weak that you can't lift any of the weight.

#### **Self-Assisted Dips and Self Assisted Pull ups**

Forced reps can be performed for some exercises without the assistance of a training partner to help you lift the weight. For example, most sets of dipping bars have a cross bar or a platform where you can place your feet. This allows you to use your feet and legs to push yourself up into the top position where your arms are straight before lowering yourself when doing dips. The advantage of this is that when you reach the point of failure where you can no longer lift yourself with your arms, you can start using your legs just enough to help you push yourself back up into the top position of your dips. These would be considered self-assisted dips in order to perform forced reps.

You can do self-assisted forced reps with pullups the same way you do self-assisted dips. Of course, you must have a foot platform or a cross bar under the pull up bar where you can place your feet in order to use your legs to assist with the pull ups.



## Chapter 3

### Rest-Pause Reps And Rest-Pause Clusters

It is possible that you don't have a training partner to help you with forced reps, but you still want to do high intensity workouts. One alternative is to utilize Rest-Pause Training. The concept behind rest-pause training is simple, you push to failure until you can't do any more reps. Rack the bar or put your weights down and rest or pause just long enough to regain enough strength to do another rep. You must learn how much time is needed to recover enough strength to barely be able to do one more rep. You can then pause just long enough to regain enough strength to do another rep and repeat this process until you have done two to four rest pause reps at the end of your set.

When done correctly, each rest-pause rep should require an all-out effort to complete the rep. These reps are a perfect substitute for forced reps. Not only that, but you must actually lift the weight yourself instead of recruiting the help of a training partner.

#### **Rest-Pause Cluster Sets**

Rest-pause cluster sets are a lot like rest-pause reps except that you rest-pause just a little longer so that you can perform two or three reps instead of just one rep. For example, if you perform eight reps and can't do a ninth rep because you reached the point of failure, you put the weight down and rest-pause just long enough to do two or three more reps. You then rest long enough to do another two or three reps and repeat the process until you have done two to four clusters of two or three reps. Every cluster set should take a maximum effort in order to squeeze out two to three reps.

#### **Rest-Pause Cluster Sets With Forced Reps**

If you have a training partner when doing rest-pause cluster sets, you can push to failure and rest-pause just long enough to do one or two reps on your own, and require a little assistance to do one more rep with the help of a training partner. You can do this for every cluster set if you are looking for a way to up the intensity.

## Chapter 4

### Partial Rep Burns

Larry Scott was the very first Mr. Olympia who won the contest in 1965 and 1966. He was famous for his massive arms and deltoids. One of the training techniques that he used to build his arms was what are often referred to as ***partial reps, or burns, or partial rep burns***. Partial rep burns are done by training to failure and when you can no longer do another full rep, you just do a partial rep. An example will help to explain this.

Imagine that you perform 10 reps of curls for your biceps, but you cannot do an eleventh rep, so you just move the bar as far as you can instead of doing a complete rep. If you can only do a half rep, just do a half rep. If you can't do a half rep any more and can only move the bar three inches, just lift the bar three inches. However far you can move the bar, move it as far as you possibly can with an all-out effort. It may result in being able to move the bar several inches, or just one inch. Do at least four partial rep burns after reaching the point of failure.

I believe partial rep burns work best with isolation exercises such as curls for your biceps, triceps extensions, and dumbbell lateral raises for your deltoids. They also work good for leg extensions, leg curls, and calf raises. If you want to do partial reps for presses or pushing motions for your legs, I recommend using machines. In other words, use a bench press or overhead press machine, and use a leg press machine for your legs.

## Chapter 5

### Negatives

Those who rely upon high intensity training techniques will sometimes do negative reps. This simply means to train to failure and when you can't lift the weight up any more, you should still have enough strength left to slowly lower the weight. Of course, the awkward part about negatives is that it often requires two training partners who end up lifting the weight for you so that you can lower it. Negatives really don't work very well for squats or any exercise where you are using extremely heavy weights.

A couple of exercises that work very well in conjunction with negatives are self-assisted dips and pull ups. This works a lot like doing self-assisted forced reps with dips and pull ups which was explained in chapter two. The difference is that you use your legs to lift yourself into the top position, and then you use your arms to slowly lower yourself without any assistance from your legs.

## Chapter 6

### Pre-Exhaust

One of the problems with compound exercises such as the bench press is that it utilizes both big muscles and small muscles. To be more specific, the triceps muscles of the arms are small compared to the much larger pectoral muscles of the chest. Since the triceps muscles are smaller, they tend to tire out before the chest muscles are used to the full extent of their lifting capacity when bench pressing. This means when you stop a set, it's not because your chest muscles have failed, it's because your triceps muscles have failed from exhaustion. It also means that you had to stop the set before your chest muscles reached the point of exhaustion and your chest muscles were never really forced to produce a high intensity effort. The solution to this problem is called the *pre-exhaust method*.

If we continue to consider the chest and triceps muscles, the pre-exhaust method is done by doing two exercises back to back with no rest between sets. The first exercise is done by performing an isolation exercise for the bigger of the two muscles, which in this case is the chest muscles. A common isolation exercise for the chest muscles is dumbbell flies. This is immediately followed by a compound exercise like the bench press which involves both the chest muscles and the triceps muscles. Since the chest muscles are already tired from the dumbbell flies, they will be exhausted when you finish your set of bench presses. This will eliminate the problem of the triceps muscles tiring out before the bigger chest muscles are thoroughly worked and will provide an honest high intensity workout for the chest.

Any time you have a bigger muscle and a smaller muscle working together when doing compound exercises such as bench presses, incline presses, dips, lat pull downs, seated pulley rows, or barbell rows. you can pre-exhaust the bigger muscle with an isolation exercise before doing the compound exercise that includes both the bigger and smaller muscles. This will insure that the bigger muscle gets a thorough workout.

#### **No Rest Between Pre-Exhaust Sets**

It is very important that you do not rest at all when moving from the isolation movement to the compound movement. If you rest between sets, the bigger muscle will start to recover its strength so that it is much stronger than the smaller muscle involved in the exercise. This will negate the whole purpose of doing a pre-exhaust set. This being the case, make sure you immediately move from the isolation exercise to the compound exercise with no rest between sets. You can rest after completing the compound exercise, but not after the isolation exercise.

#### **Pre-Exhaust Combinations**

The following combinations of exercises provide examples of how to set up two exercises to pre-exhaust a specified muscle group:

### **Pre-Exhaust Combinations for Chest Muscles**

Cable Flies followed immediately by Bench Presses

Dumbbell Flies followed immediately by Incline Presses

Peck Deck Flies followed immediately by Wide Grip Dips

### **Pre-Exhaust Combinations for Back Muscles**

Dumbbell Pullovers followed immediately by Lat Pulldowns

Machine Pullovers followed immediately by Seated Pulley Rows

Nautilus Behind the Neck Machine followed immediately by Barbell Rows

Hyper Extensions followed immediately by Deadlifts

### **Pre-Exhaust Combinations for Legs**

Leg Extensions followed immediately by Squats or Leg presses

Leg Curls followed immediately by squats or Leg Presses

## Chapter 7

### Drop Sets or Strip Sets

One of the most intense methods for producing fatigue and exhausting your muscles goes by a couple different names including *drop sets* and *strip sets*, which are both the same thing. I will refer to the method as strip sets just to simplify the terminology from this point on.

A strip set is done by performing a set to failure. You then strip weight off the bar and immediately proceed to do as many reps as possible for your second set. More weight is stripped off the bar again and you immediately proceed to do as many reps as possible for a third set. Most lifters do three sets, but there is no rule to how many sets you must do.

#### **Reduce the Weight by At Least 10%**

When stripping weight off the bar, you will probably need to reduce the weight by at least 10% in order to do more than a few reps. Of course, this assumes that you are not resting between sets. If you want to do more than a few reps for your second and third sets, you will have to experiment to find out how much weight to take off in order to approximate the number of reps you intend to do.

Strip sets are a little difficult to do on your own if your goal is to move from set to set without any rest. You can do strip sets on your own, but it will take time to put the bar down, and remove weight from both sides of the bar. If you have two training partners, they can quickly take the weight off for you so that you can immediately proceed to the next set.

#### **Machines Are Excellent For Strip Sets**

If you don't have training partners, a good option is to use machines that have a weight selector pin for selecting the amount of weight you want to use. This makes it very convenient to quickly switch your weights and to immediately proceed from set to set.

## Chapter 8

### Exercises

I have observed that lifters who focus on high intensity training tend to favor the use of machines. Machines are generally safer as you can simply return the weights to the starting position if you reach the point where you can't do any more reps. With free weights, you run the risk of getting trapped under the bar when you reach failure.

I have also noticed that high intensity training works well when you combine both compound exercises and isolation exercises. I don't see that many top bodybuilders go to failure or use rest-pause or forced reps with basic exercises such as squats, bench presses, and deadlifts as it can quickly lead to burn out. In contrast, many top bodybuilders have no problem with going to failure and doing forced reps and rest-pause reps for exercises like curls, triceps extensions, dumbbell lateral raises, leg extensions, leg curls, and calf raises.

Most of the time I advise lifters and bodybuilders to stick with basic compound exercises in order to build size and strength. However, in the case of high intensity training, I would advise that you do only one or two sets of compound exercises for each muscle group. The rest of your sets should be isolation exercises because you can go to failure or beyond on isolation exercises without overtraining, whereas it is much easier to over train when going to failure or beyond on squats, deadlifts, bench press, and bent over rows.

To sum it up, machines are well suited for high intensity training, and it is a good idea to include both compound exercises and isolation exercises in your high intensity workouts.

## Chapter 9

### How Much Training And How Often?

#### **1 to 3 Sets per Muscle Group**

High intensity workouts can take a lot out of you. Many high intensity lifters say that you can lift hard, or you can lift long, but you can't do both. If you are pushing as hard as you can for two to three sets for the same muscle group, you won't have much energy left to do any more. This is why most high intensity bodybuilders believe that one to three sets per muscle group is enough.

There are bodybuilders and weight lifters who are exceptional and have the capacity to combine high volume training with high intensity training. Larry Scott and Arnold Schwarzenegger trained with a lot of intensity, but they did a lot more than three sets. Nonetheless, most bodybuilders who train to failure and beyond find that a few sets for each muscle group is better than a lot of sets for each muscle group.

In addition to doing low volume workouts, high intensity lifters tend to favor moderate to low frequency training. Hitting each muscle group twice per week is plenty if you are maxing out on effort in every workout. Many prefer hitting each muscle group twice every ten days, or just once per week. Occasionally there are high intensity bodybuilders who hit each muscle group three times per week, but this is more the exception than the rule.

The higher the intensity, the more time it's going to take to recover. The exact number of recovery days needed between workouts is an individual matter. The only way to know the best number of recovery days between workouts is to try out different training schedules. Start with training each muscle group twice per week. If you are not recovering, try hitting each muscle group twice every ten days, or once per week until you find the most productive training schedule.

In my opinion, some high intensity bodybuilders get carried away with longer and longer recovery times. I have heard of some who rest two weeks between workouts for the same muscle group. Of course, if you can gain muscle by working each muscle group once every two weeks, go ahead and do it, but most people will need to work out more often to make consistent progress.

#### **Light Days and Easy Workouts**

Even though I believe that it is necessary for most lifters to work a muscle group more than once every two weeks. I also understand the need for long recovery times between high intensity workouts. This is why powerlifters often resort to what may be referred to as light days, or easy workouts, or recovery workouts. All of these terms refer to low intensity workouts that are utilized for the purpose of preserving muscle mass, and optimal nerve firing during the extended recovery time that is needed between high intensity workouts. For example, a powerlifter may go all out on squats only once every two weeks. However, they may do one or two easy workouts with lighter weights in between the high intensity squat sessions that are done once every two weeks. When performing an easy workout, a lifter may only do a few sets in which they push half way to failure instead of all the way to failure or beyond.

In my early years of weight training, I seemed to benefit from high intensity training. However, it didn't take me long to figure out that I couldn't train with high intensity in every workout without suffering from



overtraining. I learned that it worked much better to do two easy workouts and one high intensity workout every week. When using this schedule, high intensity training was an effective strategy. It worked better than only doing one high intensity workout per week with no training in between, and it worked better than doing two high intensity workouts per week. However, we are not all the same, and everyone will need to go through a process of trial and error to figure out exactly how many sets to do and how often to work out.

## Chapter 10

### Change Your Workouts

The simplest way to track your progress is to use the same exercises on a consistent basis. This may work for a while; especially for those who have been training less than a year, but many high intensity lifters prefer constant change as opposed to constant sameness.

#### **Change Your Exercises and Reps**

High intensity training is very taxing. When you impose a highly taxing stress on your body, it needs a break from that same stress. This is why it is a good idea to change your exercises for the same muscle group from workout to workout, and it is also helpful to change the amount of weight and number of reps you do in each workout. For example, you might follow a training cycle in which you do 12 reps in your first workout, 8 reps in the second workout, 10 reps in the third workout, and 5 or 6 reps in the fourth workout.

#### **Change The Type of High Intensity Training**

Notice that there are several high intensity methods that are explained in this book. If you want to push beyond the point of max reps to failure, you have the choice of doing forced reps, rest-pause reps, rest-pause cluster sets, negative reps, strip sets, partial rep burns, and pre-exhaust training. You can change the type of high intensity that you use from workout to workout.

#### **Limit How Often You Push Beyond Failure**

I think it is especially important to mention that you don't need to push beyond failure on every set or in every workout. If you do three sets for a specified muscle group, you might only push beyond failure for your last set, and you may only want to do so once per week, or once every other week. Learn how much your body can take and stick with it.

If you try constant change and it works, keep doing it. In contrast, if you find that it works better to stick with the same exercises, then stick with the same exercises. Likewise, stick with the number of reps that produces the best results, whether it be a narrow rep range such as 6 to 8 reps, or a wide rep range such as 5 to 15 reps.

# Chapter 11

## Rep Speed

### **Slow Reps**

Many high intensity bodybuilders prefer slow reps in order to extend the length of the time under tension that their muscles experience for each set. This causes a huge amount of fatigue to build up in the muscle being worked. Exhausting a muscle with fatigue is one of the foundations of high intensity training.

How slow do you perform slow reps? When performing slow reps, it generally takes two to four seconds to lift the weight, and two to four seconds to lower the weight. This means that when you combine the upward and downward motion of a rep that each rep will take four to eight seconds and a set of 10 reps will take 40 to 80 seconds to perform.

### **A Mixture of Fast Reps and Slow Reps**

You may prefer fast reps, but no one can do all of their reps fast when doing a high intensity set. For example, if you can lift 250 pounds for ten reps before reaching a point of failure, you may be able to do the first seven reps using a fast rep speed. However, when you get to the eighth rep, your rep speed will start to slow down and your rep speed will definitely be slow when you grind out your tenth rep. If you follow the tenth rep with a few forced reps, your goal is to squeeze out each rep. You should barely be able to complete each rep which means that all of your forced reps will be slow reps. This being the case, if you prefer fast reps, go ahead and start your sets with a fast rep speed, but your rep speed will slow down by the end of the set if you are training properly.

## Chapter 12

### Warm Up Sets

Before I begin to outline some sample high intensity training schedules, it is important to understand that the workouts will only address high intensity work-sets. However, you should do some warm up sets before doing your high intensity sets.

There are some cases in which the concept of warm up sets can be a little confusing. This is because some bodybuilders gradually modulate from warm up sets to work-sets and it is unclear where the warm up sets end and the work sets begin. This should not be the case if you are doing a high intensity workout as there should be a clear distinction between warm up sets, and work sets.

Warm up sets should be easy compared to high intensity work-sets. Warm up enough to prepare your muscles for heavy lifting, but don't tire yourself out with warm up sets. Save your energy for your high intensity work sets.

In the following chapter, you will see some examples of high intensity workouts. The workouts do not list warm up sets, but you should do them before you start your high intensity work-sets. You will do your warm up by starting with some light sets of the first exercise that you are going to do for a given muscle group. For example, if you are training your chest muscles, and the first exercise you are going to do is pec deck flies, then use pec deck flies for your warm up sets. A sample warm up is listed below:

1<sup>st</sup> warm up set: Do 8 reps with 25% of the weight you will use for your first work-set

2<sup>nd</sup> warm up set: Do 5 reps with 50% of the weight you will use for your first work-set

3<sup>rd</sup> warm up set: Do 2 reps with 75% of the weight you will use for your first work-set

Do not do extra slow reps for your warm up sets or you will wear yourself out. It should take one to two seconds to lift the weight, and one to two seconds to lower the weight for each rep.

If you are doing three exercises for a muscle group, and you are doing one set of each exercise, you don't need to do warm up sets for each exercise. Simply do some warm up sets for the first exercise that you are going to perform for the muscle group you will be working. For example, if you are going to do a chest workout, and your first chest exercise is pec deck flies, do warm up sets for pec deck flies. If you are doing bench presses and incline presses for your second and third chest exercises, you don't need to do warm up sets for each exercise as your chest muscles will already be warmed up.

## Chapter 13

### Sample High Intensity Workouts

In this chapter, a sample workout for each muscle group will be presented. Please note that these are only sample routines. It will take some trial and error to determine the exact number of sets you should perform for each muscle group. Likewise, it will take some trial and error to determine which high intensity methods work best for your individual physiology.

A sample workout for each muscle group is presented on the next page.

## Sample Workouts for Each Muscle Group

<p style="text-align: center;"><b>Chest Muscles</b></p> <p style="text-align: center;"><b>Pec Deck Flies</b> 1 x 10 to failure No rest</p> <p style="text-align: center;"><b>Bench press</b> 1 x 10 plus 3 forced reps Rest 5 min</p> <p style="text-align: center;"><b>DB Incline Press</b> 1 x 8 plus 5 partial rep burns</p>	<p style="text-align: center;"><b>Back Muscles</b></p> <p style="text-align: center;"><b>Pull over Machine</b> 1 x 12 to failure No rest</p> <p style="text-align: center;"><b>Lat Pull downs</b> 1 x 10 plus 3 rest pause reps Rest 5 min</p> <p style="text-align: center;"><b>T-bar Rows</b> 1 x 10 plus 3 rest-pause clusters of 3 reps</p>	<p style="text-align: center;"><b>Leg Muscles</b></p> <p style="text-align: center;"><b>Squats</b> 1 x 10 to failure Rest 5 min.</p> <p style="text-align: center;"><b>Leg Extensions</b> 1 x 10 plus 4 forced reps No rest</p> <p style="text-align: center;"><b>Leg Press</b> 1 x 10 plus 3 rest pause reps</p>
<p style="text-align: center;"><b>Deltoids</b></p> <p style="text-align: center;"><b>Dumbbell Lateral Raises</b> 1 x 10 to failure</p> <p style="text-align: center;"><b>Overhead Press</b> 1 x 8 plus 3 rest pause reps</p>	<p style="text-align: center;"><b>Biceps</b></p> <p style="text-align: center;"><b>Seated DB Curls</b> 1 x 10 plus 5 partial rep burns</p> <p style="text-align: center;"><b>Standing Barbell Curls</b> 1 x 10 plus 3 negatives</p>	<p style="text-align: center;"><b>Triceps</b></p> <p style="text-align: center;"><b>Dips</b> 1 x 10 plus 4 rest pause reps</p> <p style="text-align: center;"><b>Standing Triceps Press-Downs</b> <b>3 Strip Sets</b> [1 x 10] [1 x 6] [1 x 6] Decrease the weight each set No rest between sets</p>
<p style="text-align: center;"><b>Calves</b></p> <p style="text-align: center;"><b>Seated Calf Raises</b> 2 x 10 plus 4 partial rep burns</p> <p style="text-align: center;"><b>Standing Calf Raises</b> <b>3 Strip Sets</b> [1 x 10] [1 x 6] [1 x 6] Decrease the weight each set No rest between strip sets</p>		<p style="text-align: center;"><b>Abs</b></p> <p style="text-align: center;">Ab Machine 2 x 10 reps to failure</p>

## Chapter 14

### Workout Schedules

If you know how to work each muscle group with high intensity training, the next step is to create a training schedule. You would do this by taking the workouts that were listed for each muscle group in the last chapter, and train different muscle groups on different days. It is possible to train your whole body in one workout, but it would be a severe workout. Most high intensity lifters find it necessary to work different muscle groups in different workouts by working two to four muscle groups per workout. The optimum number of workout days for each muscle group is an individual matter and can only be determined through trial and error. Some possible schedules are listed below:

<b>Train Each Muscle Group Twice per Week</b>	
<b>Mondays and Thursdays</b>	<b>Tuesdays and Fridays</b>
Chest Triceps Deltoids Calves	Back Biceps Upper legs Abs

<b>Train Each Muscle Group Twice Every 9 to 10 Days</b>			
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Monday</b>
Chest Triceps Deltoids Calves	Back Biceps Upper legs Abs	Chest Triceps Deltoids Calves	Back Biceps Upper legs Abs
When you complete the four workouts listed, you would repeat the schedule the following Wednesday, Friday, Monday, Wednesday, and repeat it a third time on Friday, Monday, Wednesday, Friday. The schedule would be performed as listed the fourth time through.			

<b>Train Each Muscle Group Once Per Week</b>		
<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
Chest Triceps Deltoids	Back Biceps Abs	Upper Legs Calves

**Train Each Muscle Group Once per Week With High Intensity  
Include One Easy Recovery Workout per Week**

<b>Monday High Intensity Workout</b>	<b>Tuesday High Intensity Workout</b>	<b>Friday Easy Recovery Workout</b>
Chest Triceps Deltoids Abs	Back Biceps Upper legs Calves	<b>Squats</b> 3 x 8 reps half way to failure <b>Bench press</b> 3 x 8 reps half way to failure <b>Lat Pull Downs</b> 3 x 8 reps half way to failure

Only push half way to failure when doing sets for the recovery workout. If the workout says to do 8 reps, you should be using a weight that allows you to do 16 reps, but you will only go half way to 16 reps by doing 8 reps. You would use about 60% of the maximum weight that you can lift for a single rep when doing these sets.



## Chapter 15

### The High Intensity Option

High intensity training is just one option and it is an option that has taken some bodybuilders and powerlifters to the top. The only way to know whether it is the best option for you is to try it out. You may find as I did that it is the best form of training for a while. There came a time when I could no longer improve with high intensity training and had to turn to a different training option. You will only know how well high intensity training works for you by including it in your workouts to see how well you respond to it.

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.

## 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

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

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