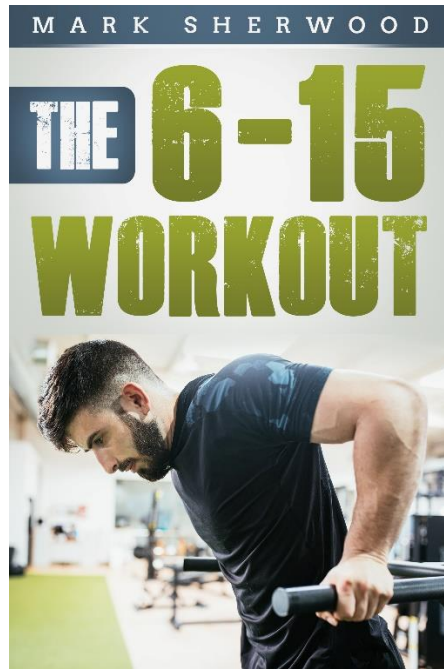


MARK SHERWOOD

THE 6-15
WORKOUT



The 6 – 15 Workout



Mark Sherwood

For more information from the author visit:

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The 6 - 15 Workout

By Mark Sherwood

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Introduction

A simple basic weight training program will work if you understand the basics of how to make it work. There is nothing wrong with complex training as there are many lifters who use it with great success, but if you prefer a simple approach to strength training, the 6 - 15 Workout is a basic workout that will help anyone get bigger and stronger. There are five basic keys to making the workout work.

The first key is to select the right exercises

The second key is to calibrate the intensity so that you are training hard enough to stimulate gains without training so hard that you over-train.

The third key is to individualize the number of sets you perform according to your personal capacity.

The fourth key is to determine a training frequency that matches your recovery ability.

The fifth key is to progress at the right rate.

The details of these five keys are explained throughout the rest of this book. Simply follow the instructions and strength gains will follow.

Chapter 1

Simple Exercise Selection

The 6 - 15 Workout is fairly simple. This is especially true of the exercise selection which centers around three basic exercises per workout. These three exercises should include one leg exercise, one back exercise, and one chest exercise. I recommend that you choose from the exercises pictured on this page and the following page.

Leg Exercises



Squats



Leg Press

Basic Exercises for Back Muscles



Seated Pulley Rows



Lat Pulldowns



Deadlifts

Basic Chest Exercises



Bench Press



Incline Press



Chest Press Machine

Just One Exercise per Muscle Group

As you can see, several options for exercises have been presented in the pictures. However, when starting out with the 6 - 15 Workout, I want to make it clear that I recommend that you should choose just one leg exercise, one back exercise, and one chest exercise.

Three Exercises per Workout to Start With

When you follow the instructions for selecting exercises, it will add up to a total of three exercises per workout. This will make your workout very simple. You can add more exercises after you go through the initial process of learning the keys to the 6 - 15 Workout, but during the initial process of learning how to perform the workout, it is best to keep the exercise selection simple with just three basic exercises.

What About Other Muscle Groups?

If three exercises don't seem like enough, keep in mind that when you perform pressing exercises for your chest muscles, your deltoids and triceps muscles will also be very active in assisting your chest muscles to lift the weight. When performing exercises that emphasize the back muscles, your biceps and rear deltoids will be very active in assisting your back muscles to lift the weight. When doing squats, your lower back and abdominals will be very active in assisting your legs to lift the weight. In other words, the basic exercises that are recommended for legs, back, and chest, will work the vast majority of the muscles in your body.

The Biggest Key Is Precision

Remember that the key to gaining strength is not in the complexity of the workouts, but in the ability to train with precision according to your personal capacities in terms of intensity, volume, and frequency with a few basic exercises.

Chapter 2

Start With Four Warm Up Sets

Once you have chosen three exercises for your workout, you can start the workout by doing four warm up sets for your first exercise. You do this by working your way up in weight from set to set for four sets before doing the main sets which are the work sets.

Keep in mind that the warm up sets are simply designed to help you avoid injury and to prepare you to lift heavier weights when you get to your work sets. The warm up sets will be lighter and easier than the work sets so that they don't cause fatigue and rob you of strength when you start to do your work sets. You won't be pushing yourself to exert a lot of effort until you begin with your work sets, which are the sets that are designed to stimulate strength gains.

The weight of each warm up set is based on a percentage of the weight you will use for your first work set with 6 reps. The amount of reps and percentage of weight you should use for each warm up set is listed below:

Set 1: Do 10 reps using about 20% of your 6 rep work-set

Set 2: Do 6 reps using about 50% of your 6 rep work-set

Set 3: Do 3 reps using about 80% of your 6 rep work-set

Set 4: Do 1 rep using about 105% of your 6 rep work-set

Example

Chris is going to squat with 200 pounds for his 6 rep work set(s). He will be doing four warm up sets as follows:

Warm up set 1 with 20% of 200 = $200 \times .20 = 40$ pounds

Warm up set 2 with 50% of 200 = $200 \times .50 = 100$ pounds

Warm up set 3 with 80% of 200 = $200 \times .80 = 160$ pounds

Warm up set 4 with 105% of 200 = $200 \times 1.05 = 210$ pounds

Do the weights need to be the exact percentage listed? No, because sometimes the weight plates will not add up to the exact poundage dictated by the percentage. However, you can usually find weight plates that will put you within 5 pounds of your desired warm up poundage.

Short Rest Time Between Warm up Sets

Do not waste time with long rest periods between your warm up sets. The only rest you really need between warm up sets is the amount of time it takes to change the weight as you progress from one warm up set to another. At the same time, you should not rush through your warm up sets to the point where

you fail to concentrate on using the best form possible. Ideally, every repetition of your warm up sets should be done with a high degree of focus while striving to use perfect form.

Why 105% for your Last Warm up Set?

Some may be thinking that 105% of your 6 rep work set is too heavy to be a warm up set. Why is it included with the warm up sets? While it is true that 105% is a fairly heavy weight, you will only be doing it for a single rep. A fairly heavy single rep will fully activate your nervous system to send a strong signal to your muscles when you start doing your work sets with 6 reps. At the same time, you will only be doing a single rep with 105% so it won't cause very much fatigue or interfere with your work sets. The main thing is to do a single rep that is just a little heavier than the weight you will use for 6 reps. This will add to your strength and will also enhance the quality of your work sets.

Rest At Least 2 Minutes Before Starting Your Work Sets

Once you have finished your warm up sets, rest at least two minutes before doing your work sets consisting of 6 reps, and 15 reps. The guidelines for performing your work sets will be explained in the next chapter.

Chapter 3

The 6 - 15 Workout

Assuming you have completed four warm up sets and have taken a two minute rest, you are now ready to do the work sets for the exercise you have selected. The work sets are heavier and will consist of 1 to 3 sets of 6 reps, followed by 1 set of 15 reps.

The workout should generally be performed two to three times per week and is listed in the chart on the next page:

The 6 -- 15 Workout

Exercise Selection Instructions

Choose three exercises; one from each category listed below:

Chest Exercise

Choose one chest exercise from the following:

Bench press
Incline Press
Chest Press

Back Exercise

Choose one back exercise from the following:

Seated Pulley Rows
Lat Pulldowns
Deadlifts

Leg Exercise

Choose one leg exercise from the following:

Squats
Bench press

Order of Exercises

Do the chest exercise first, the back exercise second, and the leg exercise third.

Do 4 Warm up Sets:

Work your way up in weight across 4 sets with
20% - 50% - 80% - 105% of your 6 rep work-set poundage

6 -- 15 Training

Do the following sets and reps for each exercise

1 to 3 sets x 6 reps

1 set x 15 reps

After completing your set(s) of 6 reps, you will need to reduce the weight enough to be able to perform your final set with 15 reps.

Intensity

Your starting intensity is based on choosing a weight that causes you to stop each set when you reach your marker rep. Your marker rep is the point where you notice a sudden increase in effort when repeating reps. This usually occurs 1 to 3 reps before reaching max reps to failure and will be discussed in more detail in chapters 4 and 5.

Exact Number of Sets

The exact number of sets you perform for each exercise is based on the number of sets you can perform at full strength when resting three or more minutes between sets of the same exercise. Repeat as many sets as possible at full strength, but do not reach the point of growing weaker. This will be explained more in chapter 6.

Training Frequency

Most people respond best to 2 to 3 workouts per week, but some may do better by training more often while others will respond better if they train less often. The exact number of times you workout each week will be discussed more in chapter 7.

Progression: When to Add Weight

Calibrate the weight of your sets according to your marker rep. Add 5 pounds when you convert your marker rep to a strong rep and acclimate to the poundages you have been using. This is discussed in chapter 8.

Chapter 4

Key #1: Use Marker Rep Intensity

One of the keys to experiencing success with the 6 - 15 Workout is to calibrate your workouts according to a level of intensity that requires enough effort to stimulate strength gains, without requiring so much effort that it causes over training. This is accomplished by stopping each set when you reach your marker rep.

The marker rep is the point in the set where it suddenly becomes more difficult than it previously was to perform another rep. You will need to experiment with each exercise in order to find the proper amount of weight that causes you to reach your marker rep on your 6th rep, or your 15th rep.

5 Marker Rep Indicators

There are 5 indicators that you must be aware of in order to recognize that you have reached your marker rep. The first indicator listed applies consistently to all lifters who are trying to identify their marker rep. You may find that some of the other indicators work for you and others don't. This will be explained more as you read through the descriptions of how each indicator works. These five marker rep indicators are listed below:

1. As you repeat reps, you reach the point where the amount of effort it takes to perform another rep suddenly increases.

This first indicator will work for any lifter.

2. You reach the point in a set where the amount of tension throughout your whole body suddenly increases.

This indicator listed above will work for the vast majority of lifters except for those who purposely keep a high degree of tension throughout their whole body from the start to the finish of a set. Conversely, others may teach themselves to try to stay as relaxed as possible until they fail, but this is rare.

3. As you repeat reps, you reach the point where you can no longer maintain the same rep pace and rep speed begins to slow down.

This indicator works well for most lifters, and I believe it is the easiest indicator to see and measure for many lifters. However, some lifters never experience a decrease in rep speed until they reach the point where they can't do another rep. Such lifters should not rely upon this indicator because it is dependent upon reaching a point in the set where rep speed slows down before reaching the point of failure.

4. You reach the point in a set where you naturally pause longer in order to gather your strength right before performing your next rep. This longer pause will come right before your marker rep.

This indicator tends to work for a lot of lifters as it is common to naturally pause longer right before the marker rep. However, there are others who never pause between reps until they fail. Such lifters should not use this indicator.

5. You reach the point in a set where you naturally find it difficult to exhale and breathe out while lifting the weight.

This indicator generally happens when lifters reach their marker rep, but it doesn't work for all lifters as some hold their breath before they reach their marker rep, and others manage to exhale after reaching their marker rep.

Trial and Error

You will need to go through a process of trial and error to find the ideal amount of weight that causes your marker rep to fall on your 6th rep when doing sets of 6 reps. You will also need to experiment until you find the ideal amount of weight that causes your marker rep to fall on your 15th rep when doing sets of 15 reps. This is generally about 5% less than the poundages you can use when going to failure for 6 reps and 15 reps. Of course, 5% is merely an estimate and you may be a little above or a little below the norm. Your goal is to experiment until you find the ideal poundages for each exercise that will cause your marker rep to fall on your 6th rep and your 15th rep.

Chapter 5

Understanding The Marker Rep

Before the Marker rep: A little Bit Harder

When identifying the marker rep, you must understand how the amount of effort tends to progress throughout a set. We will look at an example of how this works when a lifter must push himself to failure in order to complete a set of 8 reps. What normally happens at the start of a set is that the second rep feels a lot like the first rep in terms of the effort it takes to lift the weight. As the lifter continues, the third rep is only a little harder to lift than the second. Likewise, the reps only get a little harder as the lifter continues to the fourth and fifth reps. All of this happens before a lifter reaches his or her marker rep. The point that must be emphasized here is that each successive rep seems to only get a little harder as you repeat them before you reach your marker rep. This changes when you reach the marker rep.

The Marker Rep: Significantly Harder

The marker rep signals a sudden increase in the difficulty of repeating reps. When doing a set of 8 reps to failure, it is usually around the 6th rep where the weight suddenly feels as though it has become significantly harder to lift than the previous reps. This is the marker rep. Once again, when doing the 6/15 workout, stop when you reach your marker rep.

Reps in the Tank

When stopping at the marker rep, most lifters will still have reps in the tank. Reps in the tank simply refers to the number of additional reps that you could have performed if you pushed yourself to do as many reps as possible for a set. As noted earlier, there are exceptions to this, but most lifters will tend to have the following number of reps in the tank when they reach their marker reps:

1 to 3 reps left in the tank when doing sets of 6 reps

3 to 5 reps left in the tank when doing sets of 15 reps.

Guideline: Use Your 8 Rep Max For 6 Reps

If you choose a weight that you can perform for 8 reps when pushing for max reps to failure, you will probably come pretty close to hitting your marker rep when using the same weight for 6 reps. This is only a guideline to give you a ballpark idea of where the marker rep generally occurs among the majority of lifters.

Guideline: Use Your 19 Rep Max For 15 Reps

If you choose a weight that you can perform for 18 to 19 reps when pushing for max reps to failure, you will probably come pretty close to hitting your marker rep when doing 15 reps.

Guidelines vs. Precision

Even though I provided some guidelines, the guidelines are not going to be a perfect fit for everyone. You can start with guidelines, but the goal is to move towards individual precision in regard to your marker

rep. Remember that the exact number of reps that a lifter has left in the tank when stopping at his or her marker rep will not be the same for all lifters. It will vary from lifter to lifter because of individual differences. The number of reps in the tank will depend upon several factors which include:

1. The specific exercise that is being performed
2. Whether sets of 6 reps are being performed or sets of 15 reps are being performed.
3. Your level of energy
4. Individual differences between lifters

The Most Important Thing

While the number of reps in the tank will vary, the most important thing is to find the point in the set where it suddenly becomes more difficult than previous to repeat another rep, as this should be your stopping point.

Chapter 6

Key #3: The Number of Sets

The number of sets that should be performed for each exercise will vary a little from lifter to lifter, and it may also vary from exercise to exercise. You should repeat sets of the same exercise as long as you are at full strength. Most lifters will be able to perform 2 to 4 sets of an exercise while remaining at full strength.

In order to be clear about how this applies to the 6 - 15 Workout, you must understand that the total number of sets should add up to 2 to 4 sets. This translates into the following guidelines:

If you can perform 2 sets of an exercise at full strength, you will do 1 set of 6 reps and 1 set of 15 reps.

If you can perform 3 sets of an exercise at full strength, you will do 2 sets of 6 reps and 1 set of 15 reps.

If you can perform 4 sets of an exercise at full strength, you will do 3 sets of 6 reps and 1 set of 15 reps.

Notice that you never do more than 1 set of 15 reps. My experience has been that 1 set of 15 reps stimulates strength gains, but after doing 2 or more sets of 15 reps for more than a week, it starts to backfire with a loss of strength. We are all different, so you can experiment by doing more than 1 set of 15 reps if you want to, but be very aware of whether it is helping or hurting your progress.

How To Determine If You Are At Full Strength

When considering the exact number of sets to perform, your main focus will be on how many sets you can perform while you are at full strength. **The easiest way to do this is to start out by performing 3 sets of 6 reps.** You must make sure that you are using a weight that causes you to reach your marker rep on your sixth rep and then stop the set. When doing these three sets, it is important to evaluate whether each set looks the same in terms of form, rep speed, and your ability to maintain a steady even rep pace until the 6th rep. When doing this, one of four different outcomes will occur in terms of the number of sets you can perform at full strength, and the point at which you begin to weaken. These outcomes are listed below:

Outcome #1

The first two sets of 6 reps all look the same. The third set will be slightly different as you will notice that either your overall rep speed starts to slow down, or the reps suddenly get harder when you reach your 5th rep instead of your 6th rep. This means that you hit your marker rep earlier on your third set which is an indicator that you are no longer at full strength. If this happens, you have the capacity to train at full strength for two sets. This means you will perform 1 set of 6 reps followed by 1 set of 15 reps for your workouts.

Outcome #2

The first three sets look the same. If this happens, add a fourth set of 6 reps. If the reps suddenly get harder when you reach your 5th rep instead of your 6th rep when performing your 4th set, you have the capacity to train at full strength for three sets. This means you will perform 2 sets of 6 reps followed by 1 set of 15 reps for your workouts.

Outcome #3

You started with 3 sets and they all looked the same so **you added a fourth set of 6 reps and all four sets still look the same**. If this happens, add a fifth set of 6 reps. If your overall rep speed starts to slow down on your fifth set, or the reps suddenly get harder when you reach your 5th rep instead of your 6th rep, you have the capacity to train at full strength for four sets. This means you will perform 3 sets of 6 reps followed by 1 set of 15 reps for your workouts.

Outcome #4: The Exception

It is possible that **you are the exception who does not fit into the guidelines** as you can do more than 4 sets at full strength. If this proves to be true in your own experience, keep adding on sets of 6 reps until you reach a set where your rep speed starts to slow down, or the reps suddenly get harder when you reach your 5th rep instead of your 6th rep. If you make it to 5 or more sets at full strength, you are an exception and should train according to your exceptional capacity by doing as many sets as you can at full strength.

Repeat The Test if Necessary

You may want to do this test on three or four different days to see if you always get the same outcome in terms of the number of sets you can perform at full strength. If you do the test several times, you may see a small amount of variation in the number of sets you can perform at full strength, but eventually a number will emerge that is normal for you in terms of the number of sets you can perform at full strength.

When to Add Sets

It may be that as you continue to train, you feel as though you are gaining the capacity to perform more sets at full strength. If so, you can retest yourself, or you can simply start adding another set of 6 reps to see how you respond. If the extra set seems to help, keep doing it. If adding one or more extra sets begins to interfere with your progress, go back to the number of sets that worked best.

Long Term vs. Short Term

Keep in mind that when you add sets, it may bring about a short-term boost to your strength. If the added sets are only helpful on a short-term basis, but there comes a point when the added sets start to backfire with a decrease in strength, go back to the number of sets that you were doing before.

Chapter 7

Key #4 Training Frequency

Frequency

Training frequency refers to the number of times that a lifter trains the same muscle groups each week. The most common training frequencies are based on hitting each muscle group two or three times per week. I personally think that three training sessions per week is the best starting place for lifters who are not sure what training frequency to start with when doing the 6 - 15 Workout. However, there are some lifters who can get by on hitting each muscle group only once per week. In contrast, there are other lifters who do best with high frequency training in which each muscle group is trained four or more times per week. Many lifters who normally train two or three times per week may find that the workouts are not hard to recover from if they honestly stop at their marker rep and only repeat sets as long as they are at full strength. This being the case, they may benefit from training more often.

The optimum number of sets per workout along with the optimum number of workouts per week will vary according to a lifter's individual capacity and recovery ability. These factors can also change according to the exercise being performed, and the muscle group being trained. A lifter may benefit from doing more sets of bench presses than squats or vice versa. Likewise, some lifters can bench three times per week, but they can only squat and deadlift once per week. Trial and error is the only way to determine the number of sets and the frequency that works best for each exercise, each muscle group, and each lifter.

Chapter 8

Key #5: Add Weight After You Acclimate

Once you calibrate the amount of effort according to marker rep intensity, and adjust your workouts according to the number of sets and the number of weekly workouts that match your capacity, your body will naturally start to gain strength. When you gain strength, you will eventually need to add weight to your lifts. However, adding weight should be done at the proper rate in order to maintain the ability to keep adding weight. Lifters get stuck when they become over eager and add weight before they are truly ready. You can avoid this problem by learning to add weight when your body is ready.

Adding weight is based on converting your marker rep into a strong rep. Strong reps are all of the reps that occur before you reach your marker rep. Weak reps begin with your marker rep, which is the only weak rep that you will do in each set because you will stop when you reach your marker rep. All of the strong reps that occur before you reach your last rep are less strenuous than the marker rep, which is your last rep. Of course, the last rep of each set will either be your 6th rep, or your 15th rep. Your goal is to repeat workouts until you gain enough strength so that your marker rep is converted into a strong rep.

When your marker rep is fully converted into a strong rep, it won't feel as though the set suddenly becomes more strenuous when you reach your last rep. In other words, there won't be a sudden increase in effort or tension, nor will there be a pause before your marker rep, or a sudden decrease of rep speed. All of these indicators will vanish when you gain enough strength to fully convert the marker rep to a strong rep.

When the marker rep is fully converted, the sudden increase in effort will not be evident unless you do another rep, which you won't, because you should stop when you reach your 6th rep, or 15th rep. This means that a fully converted marker rep will cause a relocation of a new marker rep which will advance to the 7th rep, or the 16th rep. However, you will never do a 7th rep or a 16th rep because you will add 5 pounds instead of doing 7 reps or 16 reps. An example will help to clarify how this works:

An Example of Converting The Marker Rep

When Jim used 225 pounds to do a set of squats, the reps would increase a little in difficulty as he progressed from his 1st rep through his 5th rep. However, it suddenly became more difficult to keep repeating reps when he reached his 6th rep because his 6th rep was his marker rep. Jim could do 8 total reps if he pushed for max reps to failure, but he chose to calibrate his intensity by stopping after completing his 6th rep because it was his marker rep.

After repeating several workouts with 225 pounds for 6 reps, the 6th rep started to become easier. During the fifth week of training with 225 pounds for 6 reps, Jim noticed that he could now do 6 reps without sensing that his 6th rep demanded a sudden increase in effort. At this point, Jim would have to do 7 reps before he hit the point where the reps suddenly become more difficult. However, Jim isn't going to do a 7th rep. He is going to do 6 reps for a few more workouts to make sure that he can consistently reach 6 reps without a sudden increase in strain.

By the end of the sixth week, Jim has found that he can consistently do 6 reps without experiencing a sudden increase in strain when he reaches the 6th rep. This means that he has experienced an increase in strength, and he can now add 5 pounds and start lifting 230 pounds for 6 reps the next week. When Jim increases the weight to 230 pounds, the added weight makes the set get harder when he reaches his 6th rep again. He must repeat the process of acclimating by allowing his 6th rep to become easier before increasing the weight to 235 pounds.

Jim allows himself to acclimate to the same weight and reps before he adds more. This simply means that he allows the same weight and reps to become easier to lift before he tries to increase the weight. In the process, he allows his body to conquer the sudden increase in strain that it had been experiencing before the full conversion of the marker rep.

Chapter 9

Converting The Marker Rep Takes Time

When the goal is to gain strength over the long term, it is important to allow the same weight to become easier to lift for a time. This is because your body gains strength for the purpose of making it easier for you to lift the same weight, so it is best to let your body achieve the purpose it is trying to accomplish. Conversely, your body doesn't gain strength to make weight training harder, so why try to increase the weights when they are already hard to lift? If you let your body accomplish its purpose by allowing strength gains to ease the stress of the weights you have been lifting, you will be training in agreement with what your body is trying to accomplish.

Some people believe in always training to failure. It usually works for a while, but if you always push to failure, or you try to increase the weights faster than your body can gain strength, your body will eventually shut down its desire to gain strength. Gaining more strength under strenuous conditions would allow you to stress your body with even more weight, even though it is already overstressed with the amount of weight you have been using. Your body doesn't want that to happen when it gains strength. This is why you give your body time to convert your marker rep into an easier strong rep before you add 5 pounds.

The amount of time that it takes to convert your marker rep into a strong rep is going to vary according to the amount of time that you have already been lifting. If you are brand new to weight training, you will generally be able to gain quicker than someone who has already been lifting for several years. A genetically gifted beginner may be able to convert their marker rep every week and add 5 to 10 pounds every week for several months or close to a year. It will take other beginners two to four weeks to convert their marker rep, and it will probably take advanced lifters six to eight weeks to convert their marker rep. Beginners can often add weight immediately after they convert their marker rep, while advanced lifters need at least three consecutive workouts in which their marker rep is fully converted before they add weight.

The amount of time it takes to convert your marker rep will also vary according to the exercises you perform. You will probably be able to add weight more frequently to leg presses, squats, and deadlifts, than bench presses or lat pull downs. The point is to add weight to a specified exercise when you are ready by being aware of when your marker rep is fully converted.

Add Small Amounts of Weight

I would generally recommend that you make it as easy as possible to keep making progress by adding 5 pounds when you add weight to your lifts. If you add more weight, it is going to take more time before you can add weight again, and it will make the process of marker rep conversion more difficult.

Chapter 10

Changes To Exercise Selection

Once you have mastered the details of intensity, volume, and frequency with the exercises that you have selected, you can consider other exercise options.

Switch Exercises For Your Sets of 15 Reps

One option is to switch exercises when doing your set of 15 reps. For example, if you did flat bench presses for your sets of 6 reps, you can switch to incline barbell or dumbbell presses for your set of 15 reps. If you did deadlifts for your sets of 6 reps, you can switch to seated pulley rows for your set of 15 reps. If you did squats for 6 reps, you can switch to leg presses for your set of 15 reps. These are just some examples and you can use other exercise combinations for each muscle group.

Any time you add different exercises to your workouts, you must experiment a little to find the proper weight that will allow you to reach your marker rep when you reach your 6th rep or your 15th rep.

Another consideration is to switch exercises occasionally. How often you switch exercises is really up to you as you could potentially switch exercises every workout. I personally would recommend that you pick your favorite exercise for each muscle group and stick with that exercise 80% of the time when doing your sets of 6 reps. This makes it easier to track your progress and to sense whether you are converting your marker rep into an easier strong rep. If you prefer to switch exercises a lot, I recommend that you do so when doing your set of 15 reps.

Chapter 11

Assistance Exercises

Some of you who are reading this may prefer to perform assistance exercises for smaller muscles such as triceps, biceps, deltoids, abs, and calves. If you choose to add assistance exercises for these smaller muscles, you can choose one of the following two options:

Do the 6 -- 15 Workout for each assistance exercise selected

Do one work set for 8 to 10 reps for each assistance exercise selected.

Do Assistance Exercises Last

The assistance exercises for triceps, biceps, deltoids, abs and calves should be done after you have completed all of your sets for the basic exercises that work your chest, back and legs. You do not need to do warm up sets for assistance exercises as your muscles should be completely warmed up from doing your basic exercises first.

Use The Marker Rep With Assistance Exercises

When doing assistance exercises for smaller muscles, you should still progress the same way by stopping a set when you reach your marker rep. The next step is to acclimate to the same amount of weight and reps until your marker rep is fully converted, then add 5 pounds.

No More Than One Assistance Exercise per Muscle Group

You may prefer to do assistance exercises for only one of the smaller muscle groups. For example, you may want to only do assistance exercises for triceps. Others may want to include assistance exercises for biceps, deltoids, abs, and calves as well. However, don't do any more than one assistance exercise for a smaller muscle group. The assistance exercises you choose should match your goals, preferences, and what you respond to best.

Do What Works

Assistance exercises should only be included if you experience better progress when you include them. In contrast, if you include assistance exercises and it detracts from your ability to recover between workouts, then you are better off without them. You will find that some of the best lifters include assistance exercises in their workouts, while others don't. If your objective is to improve as much as possible, it is better to think in terms of what works best according to your own experience. Include exercises that prove to be beneficial, and exclude exercises that don't contribute to your progress.

List of Assistance Exercises

For those of you who want to include assistance exercises, I recommend the following:

Biceps Exercises

Any variation of biceps curls with barbells dumbbells, or machines.

Triceps Exercises

Any variation of triceps extensions with barbells, dumbbells, or machines.

Deltoid Exercises

Overhead presses with barbells, dumbbells, or machines; lateral raises with dumbbells or machines; upright rows.

Abdominal Exercises

Planks, side planks, curl ups for abs, and reverse curl ups. Choose just one ab exercise per workout.

Calf Exercises

Standing calf raises and seated calf raises. Choose just one exercise per workout.

Lower Back Exercises

Hyper Extensions and ham glute raises

Chapter 12

The 6 - 15 Challenge

There are tons of training methods that you can choose from to gain strength. Out of the countless methods that I have used in my own training, the workout that has brought the most consistent long-term progress has been the 6 - 15 workout. The more I used the workout, the more I sought to refine it in order to keep making progress. The details and refinements that brought the best results consist of the keys that I have presented concerning the 6 - 15 workout. It is my hope that the information in this book will improve the quality of your workouts and help you to grow stronger. I wish you much success and the best of training.

About The Author

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

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

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

Additional Resources

A Quick Guide To Strength
Beginning Strength Training
Boom!
Bottom Up Loading
Cluster Set Training
Density Responsive Lifters
Developing A Feel For Effective Workouts
Easy Progression With Mini Sets
Escalating Loading Ramps
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

Ramp Up Your Strength

Ramp Up Your Training Volume

Rest-Pause Training

Self Adjusting Linear Periodization

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 6 – 15 Marker Rep Workout

The High Frequency Training Pyramid

The Peak Strength Principle

The Redistribution Principle

4-Way Loading

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