

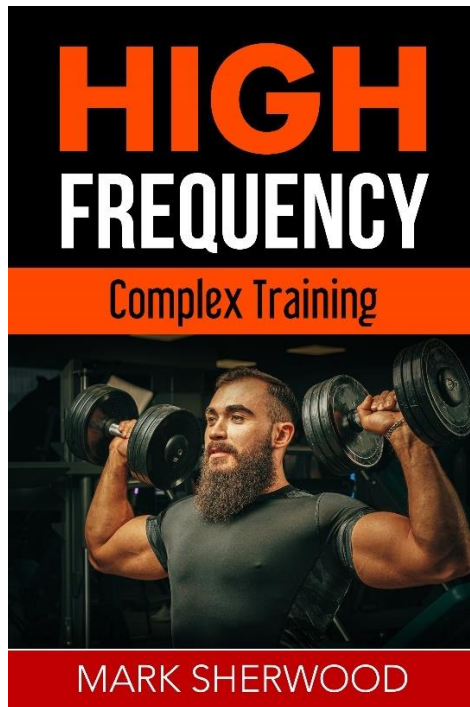
HIGH FREQUENCY

Complex Training



MARK SHERWOOD

High Frequency Complex Training



Mark Sherwood

For more information from the author visit:

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

Copyright © 2021 by Mark Sherwood

High Frequency Complex Training

By Mark Sherwood

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

Table Of Contents

Introduction

Chapter 1: An Overview Of High Frequency Complex Training

Chapter 2: Sets, Reps, And Percentages

Chapter 3: Exercise Selection

Chapter 4: Extra Exercises

Chapter 5: Warm-Up Sets

Chapter 6: Moderate Volume And Intensity

Chapter 7: Training Frequency

Chapter 8: Workout 1: The Unchanging Mixed Rep Workout

Chapter 9: Workout 2: Three-Week Blocks

Chapter 10: Workout 3: Three-Week Loading Waves

Chapter 11: Workout 4: Twelve-Week Linear Loading

Chapter 12: The Whole Program In One Template

Chapter 13: Progression And Adding Weight

Chapter 14: Adjustments

Chapter 15: Don't Stop Learning

About The Author

Additional Resources

Introduction

High frequency training creates the potential for a variety of different types of training within the same week. For example, if you do six workouts per week, you have the option of doing up to six different types of workouts within the same week. However, for the purposes of the program outlined in this book, four different types of workouts will be done within each week. In addition to the variety of workouts within the same week, some of the workouts will be changed from week to week across a twelve-week training cycle. The constant change in workouts within the same week as well as the changes that occur from week to week over the course of a twelve-week training cycle are what constitute **High Frequency Complex Training**.

There are many strength training strategies that can be utilized to build strength. The High Frequency Complex Training Method is just one strength training strategy that you can employ. It will work best for those who naturally recover quickly between workouts. Not everyone responds well to high frequency training when they first try it. If this is true in your own case, there are two different courses of action that you can choose from: the first is to refrain from high frequency training; the second is to take your time and increase your training frequency gradually in order to develop the ability to recover faster.

Another aspect of High Frequency Complex Training that you must be willing to accept is the constant change that takes place. The changes take place within each week, and they also take place over the course of a twelve-week training cycle. Some lifters prefer routine. Such lifters would be better off not to engage in the program outlined in this book. Other lifters get bored doing the same workouts over and over again and prefer constant change. If this is true of you, then High Frequency Complex Training is well suited to your preferences.

The complexity of the training may seem difficult to understand at first glance, but if you break this program into the four different parts that make up the weekly training, you will find that each part follows a pattern. These patterns are predictable and are not hard to understand. Of the four types of training, one type of training remains constant over the course of twelve weeks while the other three types of training include change over the course of twelve weeks. The different types of training that are incorporated into this program include:

1. The Unchanging Mixed Rep Workout
2. Three-week blocks where weight is increased at the start of each new block.
3. Three week loading waves where weight increases from week to week for three weeks.
4. A 12-Week linear loading cycle

The goal of high frequency complex training is to provide a framework of changes that will produce an increase in strength across a twelve-week cycle. While you should already understand that this framework is based on four different types of training, the specifics of each type of training must be explained in order to be fully understood. You will learn these specifics along with other important training factors as you continue to read through the rest of this book.

Chapter 1

An Overview Of High Frequency Complex Training

High Frequency Complex Training is done by focusing on four different muscle groups including the chest, back, legs, and deltoid muscles in every workout. One to two exercises are chosen for each muscle group trained and each muscle group is trained with four different types of workouts every week. Each muscle group should be trained according to the sets, reps, and percentages of your single rep max listed on the 12-week workout chart that is presented on the next page:

**12 Week High Frequency Complex Training Program
4 Different Types of Weekly Workouts**

Workout 1: The Unchanging Mixed Rep Workout

Mondays

Set 1: Do 1 rep with 80% (80% = your 7 to 8 rep max)

Set 2: Do 6 reps with 75% (75% = your 10 rep max)

Set 3: Do 15 reps with 60% (60% = your 20 rep max)

Workout 2: Three-Week Training Blocks

Tuesdays

Block 1: To Be Performed During Weeks 1-3:

Do 3 sets x 12 reps with 60% (60% = your 20 rep max)

Block 2: To be Performed During Weeks 4-6:

Do 3 sets x 10 reps with 65% (65% = your 14 rep max)

Block 3: To be Performed During Weeks 7-9:

Do 3 sets x 8 reps with 70% (70% = your 10 to 12 rep max)

Block 4: To be Performed During Week 10-12:

Do 3 sets x 5 reps with 75% (75% = your 8 to 10 rep max)

Workout 3: Three Week Loading Wave

Thursdays

Week 1:

Do 5 sets of 5 reps with 65% (65% = your 14 rep max)

Week 2:

Do 4 sets x 5 reps with 67% (67% = your 12 to 13 rep max)

Week 3:

Do 3 sets x 5 reps with 70% (70% = your 10 to 12 rep max)

Repeat the 3-week loading wave every three weeks until you reach 12 weeks.

Workout 4: Twelve Week Linear Loading

Saturdays

Week 1: Do 2 to 4 sets x 8 reps with 65% (65% = your 14 rep max)

Week 2: Do 2 to 4 sets x 8 reps with 67% (67% = your 13 rep max)

Week 3: Do 2 to 4 sets x 5 reps with 70% (70% = your 12 rep max)

Week 4: Do 2 to 4 sets x 5 reps with 72% (72% = your 11 rep max)

Week 5: Do 2 to 4 sets x 5 reps with 75% (75% = your 10 rep max)

Week 6: Do 2 to 4 sets x 5 reps with 77% (77% = your 9 rep max)

Week 7: Do 2 to 4 sets x 4 reps with 80% (80% = your 8 rep max)

Week 8: Do 2 to 4 sets x 4 reps with 82% (82% = your 7 rep max)

Week 9: Do 2 to 4 sets x 3 reps with 85% (85% = your 5 to 6 rep max)

Week 10: Do 2 to 4 sets x 3 reps with 87% (87% = your 4 to 5 rep max)

Week 11: Do 2 sets x 2 reps with 90% (90% = your 3 to 4 rep max)

Week 12: Do 2 sets x 1 rep with 92% (92% = your 2 to 3 rep max)

Chapter 2

Sets, Reps, And Percentages

As you look at the workouts that are presented throughout this book, you will notice that a specified number of sets are to be done for each muscle group in each workout. You will also notice that percentages are listed after the sets and reps. For example, the first workout of the program is written as follows:

Set 1: Do 1 rep using 80% (80% = your 7 to 8 rep max)

Set 2: Do 6 reps using 75% (75% = your 10 rep max)

Set 3: Do 15 reps using 60% (60% = your 20 rep max)

Percentage of Your Single Rep Max

For those who are not familiar with percentage training, the percentages are designed to help you understand how much weight to lift for each exercise. More specifically, the percentages refer to the percentage of the maximum weight that you can lift for a single rep of an exercise. For example, if the maximum weight that you can squat for a single rep is 300 pounds, and you are instructed to use 75% for six reps, you should calculate 75% of 300 pounds, which equals 225 pounds. You would then use 225 pounds for one set of six reps.

You Can Also Use a Max Reps Equivalent

If you are not sure what your single rep max is for a given lift, or you don't like to calculate percentages, you can also use a max reps equivalent. For example, let us assume again that you are to lift 75% of your single rep max for six reps. Research shows that most lifters can lift 75% of their single rep max for a maximum of about ten reps. If you don't want to calculate a percentage for 75% of your single rep max, you will need to refer back to a fairly recent workout in which you used the maximum weight that you could lift for ten reps when pushing a set to failure (failure refers to repeating reps of a set until you can't do anymore reps). The maximum amount of weight that you can lift for ten reps is called your 10-rep max, and is also a max reps equivalent to 75% of your single rep max. In this book, it would be written in your workout as:

Do 1 set x 6 reps with 75% (75% = your 10 rep max)

Just to be clear, it does not mean that you should lift the weight for 10 reps during your workout, as the instructions for this workout indicate that you are to lift your 10-rep max for six reps.

Use Your Starting Single Rep Max Throughout the 12 Week Cycle

There are many weight-training programs that base the poundages that you are to use according to a single rep max that you hope to reach by the end of the cycle. The problem with this is that you may choose a single rep max that is too high in relationship to the amount of strength you are starting with at the beginning of the 12-week cycle. In this case, the poundages that you start with at the beginning of the cycle will be too heavy. This will cause you to strain and struggle to lift the weights which can quickly lead

to overtraining when using a high frequency training program. For this reason, I highly recommend that you use percentages based on single rep maximums that are established at the start of the 12-week cycle for each exercise. Keep using your starting single rep max for each exercise throughout the 12-week cycle. Don't change unless your strength skyrockets by 30 to 40 pounds in the first month, in which case you can adjust your percentages according to the increase of your single rep max for each exercise. A sudden big jump in strength occasionally happens to beginning and intermediate lifters, but rarely happens to advanced lifters who are more likely to be using this program.

Chapter 3

Exercise Selection

When considering the exercises that you should perform in conjunction with the High Frequency Complex Training program, I recommend four categories of exercises including:

1. Pressing exercises for chest muscles.
2. Pulling exercises for back muscles.
3. Squatting or leg press exercises for leg muscles.
4. Overhead press with barbells or dumbbells for shoulder muscles.

You will see a chart on the next page that provides the four categories of exercises listed above. Several exercises will be listed under each of the four exercise categories. I recommend that you choose one or two exercises from each category when considering which exercises to perform for a given workout.

Exercise Selection Chart	
Instructions	
There are four categories of exercises listed in this chart. Select one or two exercises from each category for each workout.	
Pressing Exercises for Chest	Pulling Exercises for Back
Bench Press Incline Presses Dumbbell Bench Press Incline Press with D.B. Any Chest Press Machine	Bent-over Barbell Rows Seated Pulley Rows Lat Pulldowns T-Bar Rows Any Rowing Machine For Back
Squat or Leg Press Exercises for legs	Overhead Press Exercises for Shoulders
Barbell Squats Front Squats Goblet Squats Belt Squats Straddle Squats Hack Squats Any Leg Press Machine	Overhead Barbell Press Overhead Dumbbell Press Any Overhead Press Machine

Unlisted Exercises

If there is an exercise that you feel is productive, but it is not listed within the chart presented above, please feel free to include any unlisted exercises that you prefer.

Select One or Two Exercises From Each Category

While there are a lot of choices listed within each category, I recommend that you choose just one or two exercises from each category for each workout. This means that you will do a minimum of four exercises per workout if you only choose one exercise from each category. The maximum number of exercises that you would do for a workout is eight if you were to choose two exercises from each category.

Number of Sets for Each Muscle Group

You may be wondering how many sets to perform for each exercise, however, the number of sets listed for each workout refers to how many sets to perform for each muscle group. An example of a single workout that is to be performed for each muscle group is listed below:

Do 3 sets of 12 reps with 60% (60% = your 20-rep max)

The above workout tells you to do three sets of twelve reps for each muscle group while using 60% of your single rep max for each set. It is important to understand that the number of sets that you are to perform for each muscle group is three sets regardless of whether you choose one exercise for a muscle group, or two exercises for a muscle group. The following two examples will help to clarify how this works:

Example 1

Imagine the workout you are going to perform calls for three sets of twelve reps for each muscle group and you decide to select just one exercise for your chest muscles. The exercise that you decide to do for your chest muscles is bench presses. In this case, you will simply do three sets of twelve reps for bench presses in order to complete three sets for your chest muscles.

Example 2

Imagine a second scenario in which you are once again instructed to do three sets of twelve repetitions. In the second scenario, you are going to do two exercises for your chest muscles instead of just one. The two exercises that you select consist of bench presses and incline presses. In this case, the total number of sets that you do for chest should still add up to three sets. You can do this by performing two sets of bench presses and one set of incline presses, or by doing one set of bench presses and two sets of incline presses.

Do Not Double the Total Number of Sets When doing 2 Sets for a Muscle Group

The main thing that you must avoid is to double the total number of sets if you happen to choose two exercises per muscle group. For example, do not do three sets of bench presses and another three sets of incline presses as this would equal six sets for your chest muscles when you are instructed to only do three. This will drive your weekly training volume up so high that it will be very difficult to recover between workouts. Sticking with the number of sets prescribed for each muscle group will enable you to recover from high frequency training for the best training result.

Chapter 4

Extra Exercises

It may be that you prefer a more extensive selection of exercises than the exercises listed in chapter three. Specifically, you may want to focus more training on muscle groups such as your biceps, triceps, outer deltoids, abdominals, or calf muscles. If so, you should include them in your training. If you choose to do extra exercises for these muscle groups, I suggest that you do them in conjunction with a much simpler training scheme than the complex training described throughout this book. Simply do one to three sets of 6 to 10 reps for each smaller muscle group that you want to train. I don't recommend pushing your sets to failure with high frequency training and would suggest that you stop your sets for smaller muscle groups two to three reps short of failure.

If you are wondering which exercises to use for deltoids, biceps, triceps, and calves, some exercises are listed below for each of these muscle groups.

Deltoids

Dumbbell Lateral Raises or machine lateral raises

Upright Rows

Biceps

Any variation of curls for biceps

Close grip lat pulldowns with an underhand grip and elbows in.

Triceps

Any variation of triceps extensions

Close grip dips

Close grip bench presses or push-ups

Calves

Standing calf raises

Seated calf raises

Abs

Front Planks

Side Planks

Crunches

Reverse Crunches

Chapter 5

Warm-Up Sets

The sets and reps listed for each workout consist only of work-sets. Before you perform your work-sets, you should do some warm-up sets. The warm-up sets should be done with weights that are lighter than the weights you will be using for the work-sets of the same exercise. For example, if you are instructed to use 70% of your single rep max for five sets of five reps for your workout, do some warm-up sets with lighter weights first. The warm-up sets should be done using the same exercise that you are going to do for your work-sets with 70% for five sets of five reps. This means that if you choose to do squats for your leg exercise, do three to five warm up sets of squats with lighter weights to ensure that your muscles, joints, tendons, ligaments, and nervous system are warmed up before using heavier weights.

When considering the number of warm up sets you should perform for your workout, I recommend that you choose one of the following:

1. The 3-Set Warm Up
2. The 4-Set Warm Up
3. The 5-Set Warm Up

The warm up you choose should be selected based on the heaviest amount of weight that is prescribed for a given workout. The heavier you lift during a workout; the more warm-up sets you should perform before starting your work sets. You can see this as you read the following recommendations:

The 3 Set Warm Up

Do the 3 set warm up when a workout is to be performed with 60% to 70% of your single rep max.

Warm Up Set 1: Do 10 reps with 30% of your single rep max

Warm up Set 2: Do 6 reps with 50% of your single rep max

Warm up Set 3: Do 5 reps with 60% of your single rep max

The 4 Set Warm Up

Do the 4 set warm up when a workout is to be performed with 75% to 80% of your single rep max

Warm Up Set 1: Do 10 reps with 30% of your single rep max

Warm up Set 2: Do 6 reps with 50% of your single rep max

Warm up Set 3: Do 5 reps with 60% of your single rep max

Warm Up Set 4: Do 3 reps with 70% of your single rep max

The 5 Set Warm Up

Do the 5 set warm up when a workout is to be performed with 82% or more of your single rep max

Warm Up Set 1: Do 10 reps with 30% of your single rep max

Warm up Set 2: Do 6 reps with 50% of your single rep max

Warm up Set 3: Do 5 reps with 60% of your single rep max

Warm Up Set 4: Do 3 reps with 70% of your single rep max

Warm Up Set 5: Do 1 or 2 reps with 80% of your single rep max

Short Rest Time Between Warm Up Sets

When you do your warm up sets, you shouldn't need very much rest time between sets. The warm up weights are light and the sets should be fairly easy. This being the case, you should be able to move rapidly from set to set without growing fatigued. I recommend resting only 30 to 40 seconds between warm up sets. You can then rest a couple of minutes before doing your work-sets if you feel it would help you to be at full strength when starting into the work-sets that are prescribed for each workout.

Chapter 6

Moderate Volume And Intensity

As you study each workout, you will notice that the workouts are moderate to moderately low in training volume. This means that the amount of sets listed for each muscle group is moderate or moderately low. The lowest number of sets that this program ever calls for is two sets per muscle group. The greatest number of sets that this program ever calls for is five sets per muscle group.

You will also notice that if you are truly using the percentages listed for each set, the sets are not high intensity sets. You will find that you stop each set at least two reps short of failure and some sets will only take you half way to failure.

Fatigue Must Be Minimized for Quick Recovery

The reason for the moderate number of sets and moderate amount of intensity is to minimize fatigue. Workouts that produce a lot of fatigue make it difficult to recover quickly between workouts, which is disastrous if you are utilizing a high frequency training program. You must be able to recover quickly between workouts if you work out often. This being the case, no single workout will seem overly difficult or demanding. However, when you combine each workout across a week, you will probably find the cumulative training stress to be quite demanding. The workouts keep coming day after day without much rest between workouts. This is what drives the adaptations that are needed to gain strength.

Chapter 7

Training Frequency

The minimum number of workouts that you should perform each week is four workouts. All four workouts will be different from one another. Each workout is a full body workout in which the chest, back, legs, and shoulder muscles are trained. As mentioned in chapter four, biceps, triceps, abs, and calves can also be trained if you want to add extra exercises.

Some of you may want to train your whole body five or six days per week. Of course, you should feel free to do this, however, if you are new to high frequency training, I suggest that you start with four days of training per week first. If you are able to recover from four workouts per week without any problem, you can increase to five or six workouts per week according to what you respond to best. When increasing to five or six workouts per week, you should do all four workouts, plus you will need to repeat one or two of the workouts within the same week. Which workouts should you repeat? My recommendation is to repeat the Unchanging Mixed Rep Workout in order to reach five or six workouts per week, but you can repeat a different workout if you feel it works better.

Since this program calls for four different workouts each week, the next four chapters will be dedicated to the explanation of each type of training. More specifically, each type of training will receive a chapter of explanation starting with the Unchanging Mixed Rep Workout in the next chapter.

Chapter 8

Workout 1: The Unchanging Mixed Rep Workout

The Unchanging Mixed Rep Workout is the first workout that you should do each week. It is based on three different amounts of weight and reps within the same workout. Each amount of weight will be performed for one set which will give you a total of three sets per muscle group. When doing three sets for each muscle group, use the following procedure:

Set 1: Do 1 rep with 80% (80% = your 7 to 8 rep max)

Set 2: Do 6 reps with 75% (75% = your 10 rep max)

Set 3: Do 15 reps with 60% (60% = your 20 rep max)

Exercise Selection

If you choose to do one exercise per muscle group for this workout, you will obviously do all three sets using the same exercise. In contrast, if you choose to do two exercises per muscle group for this workout, I recommend that you do the first two sets using the same exercise and switch to your second exercise for your third set. The first two sets are designed to build strength, so use an exercise that is best for building strength for these two sets. For example, if you choose to do both bench presses and dumbbell incline presses for your chest muscles for this workout, do bench presses for the first two sets. The reason for this is because bench presses are more of a strength building exercise that will allow you to lift more weight than dumbbell incline presses. When you reach your third set, which is to be performed for fifteen reps, switch to dumbbell incline presses.

Do Not Change The Workout

The Unchanging Mixed Rep Workout should remain exactly the same for all twelve weeks. This means that you should use the same exercises, the same number of sets and reps, and the same amount of weight throughout the entire twelve-week training cycle. This will help you monitor your strength from week to week and will allow you to assess whether or not the workouts are getting easier as the cycle progresses. If the workouts are not getting easier after six weeks into a twelve-week cycle, you can make adjustments to any of the other workouts, but do not make adjustments or changes to the Unchanging Mixed Rep Workout. The adjustments that you can make to the other workouts will be discussed in chapter fourteen.

Why Allow The Workout to Grow Easier?

Some lifters may question the concept of allowing the Unchanging Mixed Rep Workout to grow easier. What is the point of this? I believe most lifters want to add weight or reps or sets to their lifts before they are ready to do so. The body never gets a chance to acclimate to the training in order to be fully prepared to adapt to the increase in weight that will occur at the start of the next twelve-week cycle.

If your first response to a strength gain is to immediately add more weight to your lifts, you are signaling your body that an increase in strength will result in an automatic increase in lifting stress. When you keep sending this message to your body over and over again, your body will be programmed to anticipate that

getting stronger will always make lifting harder, not easier. Why would your body want to gain strength if it has been programmed to anticipate that gaining strength will cause an instant increase in lifting stress? The reason your body gains strength is to acclimate to the lifting stress by decreasing the amount of stress and effort it takes to lift the same weight. This being the case, let your body accomplish this purpose by allowing the same weights and reps to become easier to lift as you gain strength. Of course, you will eventually add more weight, but wait until the next cycle before you do so.

Chapter 9

Workout 2: Three-Week Blocks

The second workout that you do each week is based on a series of four training blocks that each last three weeks. When performing your workouts for a given three-week block, you will base the amount of weight that you use on a percentage of your max, or a max reps equivalent. The same amount of weight will be used for three weeks until you start a new block. You will also keep using the same number of sets and reps for three weeks. However, at the start of each new three-week block, the percentage of your max will increase and the number of reps will decrease. Over the course of a twelve-week cycle, you will complete four different three-week blocks. Each of the three-week training blocks are presented below:

Block 1: To Be Performed During Weeks 1-3:

Do 3 sets x 12 reps with 60% (60% is equivalent to a 20 rep max)

Block 2: To be Performed During Weeks 4-6:

Do 3 sets x 10 reps with 65% (65% is equivalent to a 14 rep max)

Block 3: To be Performed During Weeks 7-9:

Do 3 sets x 8 reps with 70% (70% is equivalent to a 10 to 12 rep max)

Block 4: To be Performed During Week 10-12:

Do 3 sets x 5 reps with 75% (75% is equivalent to an 8 to 10 rep max)

The block workouts in this chapter are an excellent place to include exercise variety. I recommend using different exercises for the block workouts than what you use for the Unchanging Mixed Rep Workout. However, I recommend that you stick with the same exercises throughout a given three-week block. Those of you who want to change the exercises at the start of each new block should do so. If you are switching exercises from block to block, make sure that you choose exercises that enable you to lift heavy weights when you reach your last two blocks. For example, don't choose goblet squats for your last block because you can't use very much weight for goblet squats. It would be better to choose goblet squats for your first block, and to choose an exercise such as traditional barbell squats or leg presses for your last block.

Chapter 10

Workout 3: Three-Week Loading Waves

Your third workout each week consists of Three-Week Loading Waves. This workout is performed once each week. A loading wave refers to adding weight to your lifts each week until the loading wave is completed. The three-week loading waves are brief as weight will only be added for three weeks. After a three-week loading wave is completed, you will start over and repeat another three-week loading wave with the same sets, reps, and percentages that were used for the previous loading wave. However, you may change exercises at the start of each three-week loading wave if you prefer to do so. The three-week loading wave will be repeated four times across a twelve-week training cycle. By the time you reach the third and fourth loading waves, you should notice that the weights have become easier to lift, and that you can lift the weights faster than you could when you started the first loading wave.

Lift With Speed, Force, and Power

When you look at the written version of the three-week loading waves, you will notice that all sets across the entire loading wave are done with five reps. This is true of every workout and every loading wave for all twelve weeks of the cycle. Five reps will feel fairly easy when using 65% of your max for the first workout of each loading wave. This will allow you to perform fast, forceful reps in order to develop explosive power during your loading wave workouts. The following sets, reps, and percentages should be used for each muscle group and each loading wave:

Week 1:

Do 5 sets of 5 reps with 65% (65% = your 14 rep max)

Week 2:

Do 4 sets x 5 reps with 67% (67% = your 13 rep max)

Week 3:

Do 3 sets x 5 reps with 70% (70% = your 12 rep max)

The three-week wave that is listed above should be performed four times across a twelve-week training cycle.

In my opinion, the workout that you do for your loading waves will work best by doing just one exercise per muscle group. If you want to change exercises at the start of each loading wave, you can do so, but I recommend that you stick with the same exercises throughout the same loading wave.

Chapter 11

Workout 4: Twelve-Week Linear Loading

Your fourth workout each week is based on a twelve-week loading cycle. The twelve-week linear loading cycle starts with 65% of your single rep max. Weight is then added on a weekly basis until you reach a little over 90% of your max by the twelfth and final week of the training cycle. Adding weight each week should be done according to the following guidelines:

Week 1: Do 2 to 4 sets x 8 reps with 65% (65% = your 14 rep max)

Week 2: Do 2 to 4 sets x 8 reps with 67% (67% = your 13 rep max)

Week 3: Do 2 to 4 sets x 5 reps with 70% (70% = your 12 rep max)

Week 4: Do 2 to 4 sets x 5 reps with 72% (72% = your 11 rep max)

Week 5: Do 2 to 4 sets x 5 reps with 75% (75% = your 10 rep max)

Week 6: Do 2 to 4 sets x 5 reps with 77% (77% = your 9 rep max)

Week 7: Do 2 to 4 sets x 4 reps with 80% (80% = your 8 rep max)

Week 8: Do 2 to 4 sets x 4 reps with 82% (82% = your 7 rep max)

Week 9: Do 2 to 4 sets x 3 reps with 85% (85% = your 5 to 6 rep max)

Week 10: Do 2 to 4 sets x 3 reps with 87% (87% = your 4 to 5 rep max)

Week 11: Do 2 sets x 2 reps with 90% (90% = your 3 to 4 rep max)

Week 12: Do 2 sets x 1 rep with 92% (92% = your 2 to 3 rep max)

You can also work up to an all out max during week 12 if you choose to do so.

Choosing the Number of Sets

Notice that you are given a choice of two to four sets through the first ten weeks of the training cycle. The exact number of sets that you choose is based on your capacity for the number of sets you can perform at full strength. If you feel like you are at full strength for only two sets, then just do two sets. If you can do three sets at full strength then do three, and if you feel like you can remain at full strength for every set when doing four sets, then do four.

Chapter 12

The Whole Program In One Template

The whole 12-week training cycle for each type of training is presented in this chapter just as it was in the first chapter in order to assemble the contents of the last four chapters into a single training template. The instructions for the workouts are stated below. The instructions are then followed by an overview of the entire twelve-week cycle on the next page:

Instructions:

Select exercises from each of the four categories including:

1. One or two pressing exercises for your chest
2. One or two pulling exercises for your back
3. One or two squat or leg press exercises for your legs
4. One or two overhead pressing exercises for your shoulders

Perform each exercise according to the sets, reps and percentages listed for each of the workouts presented on the following page:

**The 12-Week High Frequency Complex Training Program
4 Different Types of Weekly Workouts**

Workout 1: The Unchanging Mixed Rep Workout

Mondays

Set 1: Do 1 rep with 80% of your single rep max (80% = your 7 to 8 rep max)

Set 2: Do 6 reps with 75% of your single rep max (75% = your 10 rep max)

Set 3: Do 15 reps with 60% of your single rep max (60% = your 20 rep max)

Workout 2: Three-Week Training Blocks

Tuesdays

Block 1: To Be Performed During Weeks 1-3:

Do 3 sets x 12 reps with 60% (60% = your 20 rep max)

Block 2: To be Performed During Weeks 4-6:

Do 3 sets x 10 reps with 65% (65% is equivalent to a 14 rep max)

Block 3: To be Performed During Weeks 7-9:

Do 3 sets x 8 reps with 70% (70% is equivalent to a 10 to 12 rep max)

Block 4: To be Performed During Week 10-12:

Do 3 sets x 5 reps with 75% (75% is equivalent to an 8 to 10 rep max)

Workout 3: Three Week Loading Wave

Thursdays

Week 1:

Do 5 sets of 5 reps with 65% (65% is equivalent to your 14 rep max)

Week 2:

Do 4 sets x 5 reps with 67% (67% is equivalent to your 12 to 13 rep max)

Week 3:

Do 3 sets x 5 reps with 70% (70% is equivalent to your 10 to 12 rep max)

Repeat the 3-week loading wave every three weeks until you reach 12 weeks.

Workout 4: Twelve Week Linear Loading

Saturdays

Week 1: Do 2 to 4 sets x 8 reps with 65% (65% = your 14 rep max)

Week 2: Do 2 to 4 sets x 8 reps with 67% (67% = your 13 rep max)

Week 3: Do 2 to 4 sets x 5 reps with 70% (70% = your 12 rep max)

Week 4: Do 2 to 4 sets x 5 reps with 72% (72% = your 11 rep max)

Week 5: Do 2 to 4 sets x 5 reps with 75% (75% = your 10 rep max)

Week 6: Do 2 to 4 sets x 5 reps with 77% (77% = your 9 rep max)

Week 7: Do 2 to 4 sets x 4 reps with 80% (80% = your 8 rep max)

Week 8: Do 2 to 4 sets x 4 reps with 82% (82% = your 7 rep max)

Week 9: Do 2 to 4 sets x 3 reps with 85% (85% = your 5 to 6 rep max)

Week 10: Do 2 to 4 sets x 3 reps with 87% (87% = your 4 to 5 rep max)

Week 11: Do 2 sets x 2 reps with 90% (90% = your 3 to 4 rep max)

Week 12: Do 2 sets x 1 rep with 92% (92% = your 2 to 3 rep max)

Chapter 13

Progression And Adding Weight

The general progression throughout the 12-week cycle is to lift heavier. For example, when doing your second workout of each week, each of the three-week training blocks will grow heavier than the previous one as the cycle progresses. Likewise, when doing your fourth workout each week using a linear periodization strategy, the weights grow progressively heavier throughout the 12-week cycle. The progressively heavier weights will help you gain strength.

Adding Weight to a New Cycle

Your goal is to start each new 12-week training cycle with five to ten pounds of additional weight compared to what you were using at the beginning of the previous 12-week cycle. If you have gained strength, the added weight at the start of the new cycle shouldn't feel any more difficult to lift than the weight that you started with when you began the previous 12-week cycle. Ideally, the start of each cycle should feel the same in terms of effort and difficulty even though the start of each new cycle will grow heavier than the previous one.

Rate of Gain

The High Frequency Complex Training program presented in this book is generally designed for lifters who have already been training on a regular basis for at least a year. Most lifters who have been training for a year or more will find it difficult to make rapid progress and will no longer be able to add weight to their lifts every week or two. When you reach the point where rapid gains cease, you will have to be content to gain strength at a slow pace. If you try to keep making fast gains by blasting your muscles into oblivion, you probably won't make any gains at all. When following this program, take your time, let your body acclimate to each new training cycle, and gain little by little. If you plan on being a long-term lifter, the little by little method will add up to a lot over the course of years or decades.

Chapter 14

Adjustments

The workouts presented throughout this book are a starting place to help you begin this program. Within a few weeks, you will be able to sense how your body feels and how it is reacting to the workouts. This will allow you to determine whether you have plenty of energy and are recovering between workouts, or whether you lack energy and feel overtrained. You will also be able to determine whether or not the first workout each week is becoming easier. If it is, you are gaining strength, and you know that the program is working for you. In my opinion, you are better off sticking with the program the way it is written if it is leading to progress. On the other hand, you can make adjustments if you are not experiencing progress.

Add or Subtract Sets

One adjustment that you may need to make is to add or subtract a set from the workouts based on your recovery and your energy level. I don't recommend that you add or subtract sets from the Unchanging Mixed Rep Workout, which is workout number one, however, you can add or subtract sets from any of the other workouts. If you feel like you have way too much energy and the workouts aren't providing enough stimulation, you can add a set to each muscle group for each workout. In contrast, you may feel tired and overtrained after a few weeks on this program. If this proves to be true in your own case, you should cut back on the number of sets for each workout.

Increase Training Frequency

A second adjustment that you can make if you don't feel as though you are receiving enough stimulation is to increase the training frequency. Assuming you are training four days per week, you can add another workout in order to train five days per week. I recommend that you repeat workout number one when adding another workout. If you still feel as though you would benefit from adding a sixth workout, you can do so. Once again, I recommend that you add workout number one, which means that you would be doing The Mixed Rep Workout three times per week, while doing the other three workouts once per week. When adding workouts, you may reach the point where you don't feel fully recovered. If this happens, cut back to the number of workouts that you can recover from.

Intensity

A third adjustment that you can make is to adjust the intensity by adjusting the percentages. For example, if one of the workouts feels like it is too easy, increase the percentage of your single rep max by up to 5%. If you increase the percentages and it gives you a sudden increase in strength, you may be led to believe that more intensity is better, which may be true if you are peaking or trying to make a quick gain. However, know that rapid gains from high intensity are often followed by a perpetual sticking point. If you want to keep on gaining over the long term, be patient and be willing to gain little by little. Your body can make small adaptations over and over again in the form of small strength gains, but you must give your body time to make each adaptation. Giving your body time to make repeated small adaptations is what allows you to keep on gaining for a long time.

Chapter 15

Don't Stop Learning

If you are curious as to how different types of training will affect your strength gains, you will want to experiment with different training strategies. One of the strategies that you can experiment with is High Frequency Complex Training. If you have the type of physiology that responds well to high frequency training, I believe you will benefit from the twelve-week workout plan presented in this book.

The key to success with any training program is to construct workouts that match your capacities for volume, intensity, and frequency. You won't learn this over the course of one or two workouts. In fact, it will probably take a few cycles before you really begin to understand how your body will respond throughout the various weeks of a training cycle. Complex training usually takes longer to master than simple training, but you may find the results are worth it once you have mastered it.

The best lifters and the best coaches are lifetime learners who never stop learning. They love results, but they also love the process of trying things out and making adjustments in order to learn what works best. My hope is that the information in this book compels you to keep training, keep learning, and keep improving. 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

Converting The Marker Rep

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 Complex Training

High Frequency Strength Training

High Frequency Front-Loading

High Frequency Squatting

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

Overload And Acclimate

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

5-4-3: Linear Periodization

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