

# **DOUBLE LOADING**

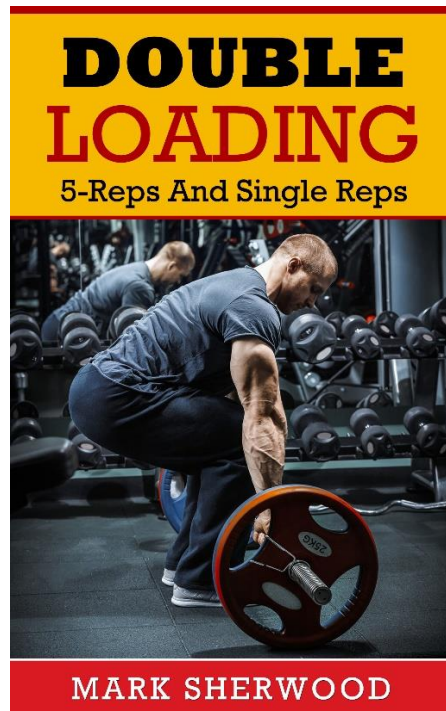
5-Reps And Single Reps



**MARK SHERWOOD**

# Double Loading

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Mark Sherwood

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Double Loading: 5-Reps And Single Reps

By Mark Sherwood

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# Introduction

A popular form of linear periodization is based on increasing the weight of your lifts each week until you end up lifting very heavy weights for a single rep. This strategy does seem to work extremely well for some lifters. Unfortunately, others don't get the results they are hoping for and are left wondering what went wrong. If this is true of you, don't lose heart as some simple adjustments may help you to start making progress.

One of the reasons linear periodization fails to work for some lifters is that the end of the cycle demands too much heavy lifting. At the same time, the low rep sets do not provide sufficient training volume for strength gains. You simply need more total reps. If you try to make up for it by doing a lot of heavy sets, it quickly leads to overtraining. Progress comes to a halt because the training lacks the correct balance between volume and load. This is not a problem for every lifter, but it is a problem for some.

If you are one of the lifters who suffers from the imbalance between volume and load when using linear periodization, one solution is to use **Double Loading of 5s and 1s**. This is a concurrent loading strategy where your training consists of sets of five reps and single reps and the poundages of both are increased every week. There are other double loading plans, but for the sake of simplicity, this book will focus primarily on a cycle in which part of your training is based on linear periodization with five reps, and the other part is based on linear periodization with single reps.

I must make it clear that the progressive loading process that is done with five reps and single reps is not conducted in two different phases that are done at separate times during a cycle. The plan is based on what many refer to as concurrent loading. In this case, concurrent loading means that you will increase your load for five reps from the beginning to the end of a ten-week cycle, while also increasing your load for single reps from the beginning to the end of the same cycle. When you reach the end of the cycle, you will be using the maximum loads you are capable of lifting for both five reps and a single rep.

## **Balance between Load and Volume**

When you achieve the right balance between load and volume it will help accomplish two things:

First, it will help you avoid a huge drop in training volume towards the end of the cycle so that you can bypass the detrimental effects that low training volume has on strength gains.

Second, it will enable you to include enough heavy lifting in your training to gain strength without including so much that it causes heavy lifting burnout.

The primary way to include heavy lifting without suffering from heavy lifting burnout is to do most of your training with sets of five reps, and a much smaller amount of training with heavy single reps. This is accomplished by doing sets of five reps in every workout, but only doing heavy single reps for one set once per week.

### **Individualizing Your Workouts**

If you want to enhance the effectiveness of your workouts even more, it is important to individualize your workouts. You can do this by adjusting various training factors according to how you respond. The process of individualizing your workouts requires training options that you can add or delete to find the best fit for your physiology.

There are three basic concepts that will help you to individualize the workouts according to what you respond to best. A brief explanation of these concepts is presented below:

#### **1. Back-off Sets**

At the beginning of the cycle, you will start with five sets of five reps for each exercise. However, as the cycle progresses, the poundages become heavier so the number of sets will decrease until you are only doing one or two heavy sets of five reps towards the end of the cycle.

Those who choose to do just one heavy set may find that one heavy set is enough heavy lifting, but more training volume needs to be added to the heavy set. If you find this to be true in your own experience, you will benefit from doing two lighter sets of five reps after a heavy top set. The lighter sets are called back-off sets. The reason this is done is to include sufficient training volume without suffering the consequences of **overtraining** from doing too many heavy sets that demand maximal effort to reach five reps.

Back-off sets are not a requirement for all lifters as some lifters respond well without including them. However, back-off sets are an option for those who find they need to do more than one set to stimulate strength gains.

#### **2. Lighter Recovery Workouts**

You may need to intersperse lighter workouts between heavy workouts during weeks seven and eight of the cycle **to avoid burnout**. Lighter workouts are not a requirement for all lifters, but they are an option that is offered to lifters who recover better when they intersperse lighter workouts between heavy high intensity workouts at the end of the cycle.

#### **3. Adjust the Number of Sets and Workouts per Week**

While general recommendations will be made regarding training variables such as the number of sets and the number of workouts per week, these variables can be adjusted according to what you respond to best.

If you want to understand how to individualize your workouts while using a systematic process of weekly loading to boost your strength gains, the rest of this book will explain how.

### **Percentage Charts With Poundages in Chapter 14**

You will find that the workouts are based on using poundages based on a percentage of your single rep max. If you have never used percentage training before, you may not have easy access to the percentages of your single rep max, which is why chapter 14 provides charts that tell you the poundages that you should use based on a percentage of your single rep max.

# Chapter 1

## An Overview Of Weekly Loading

The process of weekly loading when using sets of five reps and single reps is the foundation of this strength training program. The loading plan lasts for **ten weeks** and is simple if you can keep a few things in mind:

1. The first week starts with **70% of your single rep max** for each exercise when doing sets of five reps. The first week also starts with **80% of your single rep max** for each exercise when doing single reps. The term, “single rep max” will be abbreviated 1RM in the workouts and tables that tell you the weekly percentages of your single rep max.
2. The poundages of your lifts will **increase by an average of two and a half percent per week** when doing sets of five reps as well as single reps.
3. The weekly load for single reps will always be 10% more than the weekly load for five reps throughout the ten-week loading cycle.
4. The load of your sets for five reps will finish at 90% of your single rep during the final week of the cycle, and the load of your single rep will finish at 100% or more of your single rep max during the final week of the cycle.
5. Sets of five reps are performed in every workout and the recommended number of sets will vary from one to five sets per exercise. In contrast, only one set of one rep is performed for single reps for each exercise, and the single rep is only performed once per week.

### **Squats, Bench Presses, Deadlifts or Your Preference**

Throughout the book, I will be giving an example of how to use the double loading plan in conjunction with bench presses, squats, and deadlifts. However, you can use the concept of double loading for additional exercises, or a completely different selection of exercises that match your goals and preferences.

### **An Overview of Weekly Loads**

A simple overview of the weekly loads that are to be used for five reps and single reps for ten weeks is shown in the table below. These loads should be used for squats, bench presses, and deadlifts, or for your own personalized selection of exercises that you want to use for your workouts.



<b>Week</b>	<b>Loads for 5 sets of reps Every Workout</b>	<b>Loads for 1 rep Once per week</b>
<b>Week 1</b>	70% 1RM	80% 1RM
<b>Week 2</b>	72.5% 1RM	82.5% 1RM
<b>Week 3</b>	75% 1RM	85% 1RM
<b>Week 4</b>	77.5% 1RM	87.5% 1RM
<b>Week 5</b>	80% 1RM	90% 1RM
<b>Week 6</b>	82.5% 1RM	92.5% 1RM
<b>Week 7</b>	85% 1RM	95% 1RM
<b>Week 8</b>	87.5% 1RM	97.5% 1RM
<b>Week 9</b>	60% 1RM De-load Week	70% 1RM De-load Week
<b>Week 10</b>	90% 1RM	100% or more 1RM

**Percentage Charts With Poundages in Chapter 14**

If you know your single rep max for an exercise, you can look up the poundage you should be using for the weekly percentages. This information is provided in the percentage charts in chapter 14 of this book.

## Chapter 2

### The De-load Week

After looking at the table in the previous chapter, you may have noticed that week nine does not fit the pattern of an increase in weight. The percentages and poundages actually drop in week nine. The reason for this is that week nine is designated as a “de-load week.” A de-load week is a week in which the poundages are deliberately decreased. The decrease in poundages will result in workouts that are less stressful than the workouts from the previous eight weeks. The low stress workouts during week nine are designed to allow your muscles and body to super-compensate.

#### **Supercompensation**

Supercompensation occurs when you over-recover with added strength and muscle size. The goal is to set your body up for maximum super-compensation when you need it most at the end of the cycle.

The prerequisite to maximizing supercompensation is to consistently work out on a regular basis to force your body to expend a substantial amount of stored fuel by drawing upon its stores of glycogen and creatine phosphate to form ATP for muscle contractions. At the same time, the workouts will also cause a breakdown of protein in your muscle fibers. To recover and compensate for this, your body is forced to produce glycogen and creatine phosphate at a faster rate to keep your muscles replenished with the fuel it needs for muscle contractions. The rate of protein synthesis is also increased to rebuild damaged muscle tissue. The result is that the rate of energy replenishment and protein synthesis regenerates at an accelerated rate compared to a slower rate that would be experienced if you were not working out on a regular basis.

When you cut back on your workouts, the faster rate of energy replenishment and protein synthesis will still be programmed into your body. The increased rate of replenishment will eventually start to decrease in response to cutting back on your workouts, but the decrease does not occur immediately after cutting back. Most lifters will find that the increased rate of replenishment will last long enough to carry through the de-load week. The bottom line is that you will be doing easy workouts that don't demand as much replenishment of fuel and protein synthesis, but your body will be programmed to replenish and rebuild itself as though you were doing hard workouts. In other words, it will replenish and rebuild itself beyond the demand of the easier workouts that you will be doing during the de-load week. This is what

allows you to over-recover so that your body super-compensates with added strength and muscle size.

### **The De-load Week is not Guaranteed to Work**

The strategy of including a de-load week is not guaranteed to work. It is possible that some lifters will find that the severity of the drop in poundages during the de-load week will hinder their strength instead of enhancing it for week ten. If you find this to be the case, you have two options, the first is simply to skip the workouts scheduled for week nine and replace them with the workouts scheduled for week ten. If you choose this option, the cycle will only last nine weeks instead of ten. The second option is to increase the poundages listed for the de-load week by 15% so that the decrease in poundages is less extreme. If you choose the second option, the sets of five reps will be increased from 60% to 75% during the de-load week, and the single rep will be increased from 70% to 85% during the de-load week.

### **Trial and Error**

The lifters who are most likely to benefit from a de-load week are those who work out three times per week without including any lighter recovery workouts during weeks seven and eight. This will be discussed more in chapter ten. Lifters who work out only twice per week may need a de-load week, but they are less likely to need a de-load week than those who work out three times per week. Likewise, those who choose the option of including lighter recovery workouts during weeks seven and eight may find that a de-load week is not necessary because they are de-loading for half a week by interspersing light workouts with heavy workouts. The bottom line is to include a de-load week if you find it enhances your strength and to eliminate the de-load week if it hinders your strength. You will have to try different training options to find what works best. Keep using the options that prove to work best and discard the options that don't work as well.

## Chapter 3

### Number Of Sets Of 5-Reps

The table in the previous chapter does not show the number of sets that are recommended for each exercise each week, but the table in this chapter will provide that information.

#### **The Number of Sets is Based on Load**

The important thing to understand about the number of sets prescribed for each exercise from week to week is that the number of sets is adjusted according to the load you are using. When using lighter loads consisting of 70% to 72.5% of your 1RM, you will have a lot of reps in reserve at the end of each set. This will enable you to do five sets of five reps per exercise without overtraining. However, when using a weekly loading process, the poundages will increase throughout the cycle. This will cause the sets to become more and more taxing. If you don't decrease the number of sets to compensate for the increase in severity of each set, you will end up doing way too much heavy lifting by the end of the cycle. The consequence will be overtraining. This is why you will notice the number of sets of five reps keeps decreasing as you progress through the cycle.

The main point is that the ten-week cycle requires you to do more sets of five reps at the start of the cycle and less sets of five reps towards the end. Doing more sets at the beginning will increase your workload capacity and recovery ability. This will make it easier to handle heavier poundages that are lifted for a fewer number of sets toward the end of the cycle.

Some lifters will find that the reduction in sets across the ten-week cycle is so severe that the end of the cycle does not provide adequate volume for strength gains. This will start to be evident by week six as you will only be doing two heavy top sets of five reps for each exercise. By weeks seven and eight, you may be doing as little as one top set of five reps. This is not a problem for all lifters, but many will find that the low number of sets is not sufficient to promote strength gains. The simple solution is to do **back-off sets** with lighter weights in weeks six, seven and eight.

#### **Back-off Sets**

My general recommendation is to include back-off sets during weeks six, seven, and eight. Keep doing them if you feel you are able to recover when you include them and they enhance your strength. Stop doing them if you can't recover when you include them and they hinder your strength. More explanation is needed to explain how and when to include back-off sets.

## **Week 6**

During week six, you only do two heavy top sets for five reps. If you find two sets to be inadequate, and choose to include back-off sets, the **two heavy sets of five reps are followed by one lighter back-off set** with 70% of your 1RM.

## **Weeks 7 and 8**

During week seven and eight, you can choose to do either one or two heavy top sets of five reps. If you feel the need to include back-off sets, the heavy top set(s) will be followed with one or two lighter back-off sets consisting of 70% of your 1RM. The choice of whether you do one or two heavy top sets is based on your capacity for heavy sets. In other words, do one heavy top set if one works better, and do two heavy top sets if two works better.

### **3 Total Sets During Weeks 6, 7 and 8**

If you do two heavy top sets, and choose to include back-off sets, just do one back-off set which will give you a combined total of three sets. If you do one heavy top set, and choose to include back-off sets, do two back-off sets, which once again will equal three sets.

The heavy set(s) of five reps will provide sufficient load to stimulate strength while those who need to include back-off sets can do so to provide sufficient volume for strength gains.

No back-off sets are needed during weeks one through five as you should simply use the same weight every set. My general recommendation for the number of sets of five reps that should be performed for each exercise during each week of the cycle is shown in the table on the next page.

<b>Number of Sets to be Performed For Each Exercise</b> <b>Back-Off Sets Included</b>		
	<b>5 Reps</b>	<b>1 Rep</b>
	<b>Number of Sets per Exercise Every Workout</b>	<b>Number of Sets per Exercise Once per Week</b>
<b>Week 1</b>	5 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 80% 1RM
<b>Week 2</b>	5 sets x 5 reps @ 72.5% 1RM	1 set x 1 rep @ 82.5% 1RM
<b>Week 3</b>	4 sets x 5 reps @ 75% 1RM	1 set x 1 rep @ 85% 1RM
<b>Week 4</b>	4 sets x 5 reps @ 77.5% 1RM	1 set x 1 rep @ 87.5% 1RM
<b>Week 5</b>	3 sets x 5 reps @ 80% 1RM	1 set x 1 rep @ 90% 1RM
<b>Week 6</b>	2 sets x 5 reps @ 82.5% 1RM <b>Back-off set:</b> 1 set x 5 reps @ 70% 1RM	1 set x 1 rep @ 92.5% 1RM
<b>Week 7</b>	1 or 2 sets x 5 reps @ 85% 1RM <b>Back-off sets:</b> 1 or 2 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 95% 1RM
<b>Week 8</b>	1 or 2 sets x 5 reps @ 87.5% 1RM <b>Back-off sets:</b> 1 or 2 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 97.5% 1RM
<b>Week 9</b>	3 sets x 5 reps @ 60% 1RM De-load Week	1 set x 1 rep @ 70% 1RM De-load Week
<b>Week 10</b>	1 set x 5 reps @ 90% 1RM	1 set x 1 rep 100% or more 1RM
<b>Rest Between Sets</b>		
Rest 90 seconds between sets of the same exercise during weeks 1, 2 and 9.		
Rest 2 minutes between sets of the same exercise during weeks 3 and 4		
Rest 3 minutes between sets of the same exercise during weeks 5 – 8		
<b>Percentage Charts With Poundages in Chapter 14</b>		
If you know your single rep max for an exercise, you can look up the poundage you should be using for the weekly percentages. This information is provided in the percentage charts in chapter 14 of this book.		

## Individuals who Don't need Back-off Sets

If you are a lifter who responds well to low volume training, you may find that you respond better when you exclude the back-off sets that are included during weeks six, seven and eight. Those who choose this option would individualize their workouts by excluding back-off sets which are deleted from the ten-week plan presented below:

<b>Number of Sets to be Performed For Each Exercise No Back-Off Sets</b>		
	<b>5 Reps</b>	<b>1 Rep</b>
	<b>Number of Sets per Exercise Every Workout</b>	<b>Number of Sets per Exercise Once per Week</b>
<b>Week 1</b>	5 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 80% 1RM
<b>Week 2</b>	5 sets x 5 reps @ 72.5% 1RM	1 set x 1 rep @ 82.5% 1RM
<b>Week 3</b>	4 sets x 5 reps @ 75% 1RM	1 set x 1 rep @ 85% 1RM
<b>Week 4</b>	4 sets x 5 reps @ 77.5% 1RM	1 set x 1 rep @ 87.5% 1RM
<b>Week 5</b>	3 sets x 5 reps @ 80% 1RM	1 set x 1 rep @ 90% 1RM
<b>Week 6</b>	2 sets x 5 reps @ 82.5% 1RM	1 set x 1 rep @ 92.5% 1RM
<b>Week 7</b>	1 or 2 sets x 5 reps @ 85% 1RM	1 set x 1 rep @ 95% 1RM
<b>Week 8</b>	1 or 2 sets x 5 reps @ 87.5% 1RM	1 set x 1 rep @ 97.5% 1RM
<b>Week 9</b>	3 sets x 5 reps @ 60% 1RM De-load Week	1 set x 1 rep @ 70% 1RM De-load Week
<b>Week 10</b>	1 set x 5 reps @ 90% 1RM	1 set x 1 rep 100% or more 1RM
<b>Rest Between Sets</b>		
Rest 90 seconds between sets of the same exercise during weeks 1, 2 and 9.		
Rest 2 minutes between sets of the same exercise during weeks 3 and 4		
Rest 3 minutes between sets of the same exercise during weeks 5 – 8		
<b>Percentage Charts With Poundages in Chapter 14</b>		
If you know your single rep max for an exercise, you can look up the poundage you should be using for the weekly percentages. This information is provided in the percentage charts in chapter 14 of this book.		

## **Rest Between Sets**

Notice the bottom of each table tells you how much to rest between sets. These are recommendations that will help you to fully recover your strength between sets of the same exercise. You are an individual, and individuals will vary, so you can adjust the rest times according to your ability to fully recover your strength between sets. My general recommendations for rest time between sets are restated below:

Rest 90 seconds between sets of the same exercise during weeks 1, 2 and 9.

Rest 2 minutes between sets of the same exercise during weeks 3 and 4

Rest 3 minutes between sets of the same exercise during weeks 5 – 8



# Chapter 4

## Adjusting The Number of Sets

The number of sets listed for each exercise in the previous chapter is a general recommendation. Many lifters will find that these recommendations are a good fit for their personal workload capacity. Of course, some may have a bigger or smaller workload capacity than normal. Such lifters may find that they respond better when they make adjustments to the number of sets listed in the workout tables.

### **The General Starting Place**

My recommendation is to start by doing the number of sets listed for each exercise. If this recommendation works, keep doing it. If it proves to be too much work or not enough work, you can make adjustments by increasing or decreasing the number of sets. If you choose to make adjustments, I would caution against extreme changes such as doing 20 to 30 sets per exercise or always doing just one set per exercise once per week. It is more likely that those who need to increase the number of sets will benefit from adding one or two sets, and those who need to decrease the number of sets will benefit from doing one or two less sets than the number of sets listed for each week.

### **When to Decrease the Number of Sets**

In general, if your strength level is still high when you reach the last set of an exercise, you are **not** doing too many sets. In contrast, if you feel like you have grown considerably weaker by the time you perform your last set of an exercise, you are probably doing too many sets. Likewise, if you feel drained of energy between workouts, or you are not able to recover to full strength by your next workout, you may be doing too many sets. If you experience any of these negative side-effects from doing too many sets, you can adjust by decreasing the number of sets listed by one or two sets.

### **When to Add More Sets**

Lifters with a very high workload capacity may find they need to do more sets. If this is true in your case, you will be able to add a set or two to the number of sets listed and still be at full strength when you reach your last set. You will also have plenty of energy between workouts and will be able to fully recover your strength by the next workout even with the added sets.

## **Effective Adjustments**

One of the keys to effective adjustments is that you make one adjustment at a time. You can then be sure that the adjustment you made is responsible for any changes to your performance. If you make more than one adjustment at the same time, you won't know which adjustment is responsible for the changes you see in your results.

Adjustments that consistently produce better results than the results you experienced from your previous way of training are the adjustments you want to hold on to. In contrast, adjustments that produce worse results than the results you experienced from your previous way of training are the adjustments you should discard.

## Chapter 5

### Once per Week For Heavy Single Reps

I want to make it clear that the plan for single reps is simply to do a heavy single rep just once per week. The heavy single rep is to be done in conjunction with squats, bench presses, and deadlifts, or whatever selection of exercises you select for your own goals and preferences.

You will always do light warm-up sets that grow heavier until you work up to a single rep of 80% of your 1RM in every workout. The exception is week nine, which is a de-load week. You only work up to 70% of your 1RM during week nine.

Doing warm-up sets that increase in weight until you hit a single rep that is 80% of your 1RM is basically a constant that is to be carried out in each and every workout of the cycle (except week 9 which is a de-load week). For the sake of clarity, I want to emphasize that the procedure of working up to a single rep that is 80% of your 1RM is carried out even in workouts when you aren't going for a heavy single rep. It is also carried out on days when your sets of five reps are below 80% of your 1RM. This means that during the first four weeks of the cycle, you will warm-up to a single rep of 80% of your 1RM and then decrease the weight to 70% to 77% of your 1RM to do your sets of five reps.

By hitting 80% of your 1RM for just one rep in every workout, you will be able to consistently lift a substantial amount of weight without overtraining.

#### **5 Reps per Set Every Workout**

I also want to make it clear that sets of five reps and heavy single reps are treated differently. Heavy single reps that are performed with more than 80% of your 1RM are only performed once per week, whereas sets of five reps are to be done for each exercise in every workout; including the days when you do a heavy single rep.

# Chapter 6

## Loading For Supplemental Exercises

### Supplemental Exercises

My basic recommendation for double loading is to use it for squats, bench presses, and deadlifts, or whatever exercise selection you choose for yourself. But I also want to point out that you can choose other exercises that are designated as **supplemental exercises**, which some lifters may refer to as assistance exercises or accessory work. In this program, supplemental exercises are classified as exercises that are **not** used in conjunction with the process of double loading. Specifically, the weekly loading process is used for five reps, but not single reps.

### Bent-Over Barbell Rows and Overhead Presses

You always have the option of including exercises of your own choice for supplemental exercises, however the program presented in this book will include just two supplemental exercises consisting of bent-over barbell rows and overhead presses. When these two exercises are added to your workouts, a total of five exercises will be performed each week including:

1. Squats
2. Bench Presses
3. Deadlifts
4. Bent-Over Barbell Rows
5. Overhead Presses are

### Sets of 5 Reps for Bent-Over Barbell Rows

When doing bent-over barbell rows, follow the same weekly loading plan of percentages that is used for **five reps** when doing squats, bench presses, and deadlifts. The reason I recommend that you exclude doing heavy single reps for bent-over barbell rows is that your back will get enough stress from the heavy single reps that you will be doing for squats and deadlifts. You don't need to add even more stress on your back by doing heavy single rep lifting for bent-over barbell rows.

### **One Set of 5 Reps for Overhead Presses**

Overhead presses are a supplemental exercise designated as a **finishing exercise**. This means they are performed for one set of five reps after you finish all your sets of bench presses. You follow the same weekly percentages for overhead presses that you use for the all other exercises.

### **Option: Replace Bench Presses with Overhead Presses once per Week**

You also have the option of replacing bench presses with overhead presses once per week if you feel like one set of overhead presses per workout is not enough shoulder work. If you choose to do this, you will do overhead presses for the number of sets and reps listed for bench presses, and you will follow the overhead press with one set of five reps for bench presses.

### **Workouts for Bent-Over Barbell Rows and Overhead Presses**

The table on the next page contains an outline of the weekly sets, reps, and percentages of your 1RM that you should use for bent-over barbell rows and overhead presses.

<b>Use the Weekly percentages, sets, and reps listed for Bent-Over Barbell Rows and Overhead Presses</b>		
	<b>Bent-Over Barbell Rows</b>	<b>Overhead Press</b>
<b>Week 1</b>	5 sets x 5 reps 70% 1RM	1 set x 5 reps 70% 1RM
<b>Week 2</b>	5 sets x 5 reps 72.5% 1RM	1 set x 5 reps 72.5% 1RM
<b>Week 3</b>	4 sets x 5 reps 75% 1RM	1 set x 5 reps 75% 1RM
<b>Week 4</b>	4 sets x 5 reps 77.5% 1RM	1 set x 5 reps 77.5% 1RM
<b>Week 5</b>	3 sets x 5 reps 80% 1RM	1 set x 5 reps 80% 1RM
<b>Week 6</b>	2 sets x 5 reps 82.5% 1RM 1 set x 5 reps 70% 1RM	1 set x 5 reps 82.5% 1RM
<b>Week 7</b>	1 to 2 sets x 5 reps 85% 1RM 1 to 2 sets x 5 reps 85% 1RM	1 set x 5 reps 85% 1RM
<b>Week 8</b>	1 to 2 sets x 5 reps 87.5% 1RM 1 to 2 sets x 5 reps 70% 1RM	1 set x 5 reps 87.5% 1RM
<b>Week 9</b>	3 sets x 5 reps 60% 1RM De-load Week	1 set x 5 reps 60% 1RM De-load Week
<b>Week 10</b>	Max out on reps 90% 1RM	Max out on reps 90% 1RM
<p>Note: I do not recommend doing the heavy single rep portion of the workout when doing bent-over barbell rows and overhead presses. Just do sets of five reps</p>		
<p align="center"><b>Percentage Charts With Poundages in Chapter 14</b></p> <p>If you know your single rep max for an exercise, you can look up the poundage you should be using for the weekly percentages. This information is provided in the percentage charts in chapter 14 of this book.</p>		

## Chapter 7

### An Honest Single Rep Max Or An Equivalent

Success with double loading is based on the proper selection of weekly poundages. This will only work if you use an accurate measure of your single rep max when calculating percentages.

Your single rep max refers to the maximum weight that you can lift for one rep of a specified exercise. If you are uncertain as to the maximum amount of weight you can lift for each exercise, you will not be able to select the proper poundage for each exercise because the poundages are based on a percentage that reflects an accurate measure of how much weight you can lift for a single rep. For this reason, I suggest you test yourself to find out the maximum weight you can lift for a single rep for each exercise.

#### **An Honest Single Rep Max**

When testing yourself, it is of vital importance to base your single rep max on the level of strength you possess right before you start a ten-week cycle, not the strength level you want to be at by the end of the cycle. Likewise, do not base your single rep max on your lifetime best effort from some time in the past. The ten-week cycle will be a miserable failure if you do this. Base your percentages on an honest single rep max.

An **honest single rep max** is the current poundage that you can lift for a single rep with perfect form and a clean nonstop lifting motion. It's a lift you can do on any workout day, not just days when you happen to feel extra strong. If you want to see the training system work, make sure to base your percentages on an honest single rep max.

#### **Single Rep Max Percentages and Max Reps Equivalents**

You won't be working up to a single rep max for bent-over barbell rows, overhead presses, or other supplemental exercises that you may choose, some of you may prefer to avoid testing these exercises with a heavy single rep max. An alternative to using a single rep max percentage is to **use a max reps equivalent**.

Research has shown that a specific percentage of your single rep max is closely correlated with the maximum number of reps you will be able to perform with that percentage. For

example, when you are using 75% of your single rep max, research shows that most people will be able to perform a maximum of ten reps. When using 80% of your single rep max, most people will be able to perform a maximum of eight reps.

### **Max Reps Equivalents**

The following information tells you the maximum number of reps you will be able to perform when using a specific percentage of your single rep max listed:

70% 1RM = your 12-rep max

72.5% 1RM = your 11-rep max

75% 1RM = your 10-rep max

77.5% 1RM = your 9-rep max

80% 1RM = your 8-rep max

82.5% 1RM = your 7-rep max

85% 1RM = your 6-rep max

87.5% 1RM = your 5-rep max

90% 1RM = your 4-rep max

92.5% 1RM = your 3-rep max

95% 1RM = your 2-rep max

97.5% to 100% = 1-rep



# Chapter 8

## Warm-up Sets

Warm-up sets are an important part of your workout that help prepare your body for heavier lifting. The proper use of warm-up sets should help you accomplish the following purposes:

Warm-up sets wake-up your nervous system so that it will send strong signals to your muscles. Strong signaling is necessary to enable your muscles to contract to the full measure of their ability to produce force and power.

Warm-up sets help you find the proper lifting groove for each exercise before using heavy weights.

Warm-up sets loosen up your joints and muscles to move freely without feeling tight, stiff, sore, or sluggish while doing your work-sets.

A proper warm-up will help prevent injuries.

### **Strive for Perfect Form**

Concentrate on using perfect form and lifting technique when doing your warm-up sets for each exercise. A major intention of using perfect form for your warm-up sets is for perfect form to carry over to your work-sets with heavier weights.

### **Use Your Warm-up Sets for Evaluation**

One of my beliefs is that you can use your warm-up sets to evaluate your strength and energy as you prepare to do your workout. If your warm-up weights feel heavier than normal, take note of this and refer back to potential flaws with your previous workout that may be causing the problem. It may be that you pushed too close to failure, or did too many sets, or you did not take enough rest time between workouts. It may also be an indicator that you are not getting adequate sleep or nutrition.

When doing your heavy work-sets, the poundages constantly change as they get progressively heavier each week. The problem with this is that you can't determine whether poundages are getting easier or harder to lift from week to week because the poundages keep changing every week. If the same poundage keeps getting easier to lift, you know you are getting stronger. In contrast, if the same poundage feels harder to lift, you know you are getting weaker. Since weekly loading will change the weekly poundages of your work-sets, the only poundages that remain the same from week to week are your warm-up sets,

assuming you are intentional about using the same poundages every week. This is why I recommend that you use the same procedure for your warm-up sets throughout the ten-week cycle.

### **Keep Using the Same Warm-up Procedure**

Using the same procedure for your warm-up sets each week means to start with the same warm-up weight and to progress through the same poundages while maintaining the same progression of sets and reps each time you do your warm-up sets. The only exception is that I recommend you add one extra warm-up set consisting of a single rep starting with week five of the ten-week cycle. This will help you work up to your heavy single rep without making a huge jump between your last warm-up weight and the weight of your heavy single rep. With the exception of the additional warm-up set starting with week five, it is to your advantage to keep all other warm-up sets the same for all ten weeks.

By keeping your warm-up sets the same for each exercise throughout the whole ten-week cycle, you can compare how your strength feels from workout to workout as the cycle progresses. Your strength level during your warm-up sets will clue you in on whether or not there were weeks when your strength seemed higher or lower than normal. In the end, this will allow you to evaluate the parts of the cycle that worked best, and the parts of the cycle that may need adjusting for better results when doing your next ten-week cycle.

The following procedure provides an example of how to do your warm-up sets for each exercise.

#### **Warm-up Set 1:**

Do 10 reps with an unloaded bar

#### **Warm-up Set 2:**

Do 5 reps with 50% of your 1RM

#### **Warm-up Set 3:**

Do 5 reps with 60% of your 1RM

#### **Warm-up Set 4:**

Do 3 reps with 70% of your 1RM

#### **Warm-up Set 5:**

Do 1 Rep with 80% of your 1RM

## **Add a Sixth Warm-up Set Starting at Week 5**

When you reach week five of the cycle, the poundage of the single rep on your heavy day will reach 90% of your single rep max. For this reason, you will need to add a sixth warm-up set to the first five warm-up sets listed. The sixth warm-up set consists of a single rep using 85% of your single rep max. This should be done during week five and six when working up to a heavy single rep for an exercise. By week seven of the ten-week cycle, you will be using 95% of your single rep max for your heavy single rep day. Because of this, you should change the poundage of your sixth warm-up set from 85% of your single rep max to 90% of your single rep max for weeks seven, eight, and ten.

The procedure for your warm-up sets from weeks five through ten is listed below:

### **Warm-up Set 1:**

Do 10 reps with an unloaded bar

### **Warm-up Set 2:**

Do 5 reps with 50% of your 1RM

### **Warm-up Set 3:**

Do 5 reps with 60% of your 1RM

### **Warm-up Set 4:**

Do 3 reps with 70% of your 1RM

### **Warm-up Set 5:**

Do 1 Rep with 80% of your 1RM

**Warm-up Set 6:** To be done on HEAVY single rep days for weeks 5 and 6.

Do 1 Rep with 85% of your 1RM.

**Warm-up set 6 for Weeks 7, 8, and 10:** The percentage of your sixth warm-up set will increase as follows during weeks 7, 8, and 10:

Do 1 Rep with 90% of your 1RM

Notice you will always warm-up to a single rep of 80% of your 1RM throughout the entire cycle. This holds true even on days that are not designated as heavy days for your single rep max. The warm-up listed will finish with a poundage that is actually heavier than the

poundage you will be using for your sets of five reps during the first four weeks of the ten-week cycle. This is intentional as you will warm-up to 80% of your single rep max, and then reduce the weight for your sets of five reps.

### **Rest Time Between Warm-up Sets**

Warm-up sets are not designed to be difficult. In fact, they should feel pretty easy. You should not accumulate very much fatigue after a warm-up set. For this reason, I recommend that you move quickly from one warm-up set to the next by only resting 30 to 45 seconds between warm-up sets. Of course, this recommendation can be adjusted according to what you feel prepares you best for your work-sets.

# Chapter 9

## Organizing A Weekly Schedule

The next step in creating a training plan is to organize the exercises into a weekly schedule. The schedule will list exercises, and the exercises will be carried out according to three possible phases including:

1. The warm-up sets
2. The heavy single rep to be done for specified exercises on heavy days.
3. The portion of the workout consisting of five reps per set.

### **Three to Four Exercises per Workout**

It is important to understand that even though the schedule will include five different exercises, you will not do every exercise in every workout; you will only be doing three or four exercises per workout.

Exercises such as bench presses and overhead presses are not as taxing as squats, deadlifts, and bent-over barbell rows. This means bench presses and overhead presses can be included in every workout without overtraining.

Squats and deadlifts work many of the same muscles, so you will either do squats or deadlifts within a workout, but not both in the same workout. This means if you do two workouts per week, you will do squats in one workout, and deadlifts in the other workout. If you choose to do three workouts per week, squats will be scheduled for two of the workouts, and deadlifts will only be scheduled for one of the workouts because they are the most taxing exercise.

Bent-over barbell rows and deadlifts also have a lot in common in terms of using the same muscle groups. For this reason, bent-over barbell rows and deadlifts are never performed during the same workout. This means that if you prefer doing two workouts per week, you will include bent-over barbell rows in one workout, and deadlifts in the other. If you prefer to do three workouts per week, bent-over barbell rows are scheduled for two of the workouts and deadlifts are performed in the other workout.

### **Creating a Weekly Schedule for Double Loading**

A weekly schedule tells you which exercises you will be doing on different workout days within each week. In this chapter, I will start by presenting a weekly schedule that is based on whole body workouts twice per week. This will be followed with a second option of creating a weekly schedule based on whole body workouts three times per week.

The weekly schedule consisting of two workouts per week is listed below:

<b>Weekly Schedule Two Workouts per Week</b>	
Be sure to do warm-up sets before the work-sets listed below. See chapter 8 for procedures on how to do warm-up sets.	
<b>Workout 1</b>	<b>Workout 2</b>
<b>Squats</b> Do a HEAVY single rep Do sets of five reps	<b>Deadlifts</b> Do a HEAVY single rep Do sets of five reps
<b>Bench Presses</b> Do a HEAVY single rep Do sets of five reps	<b>Bench Presses</b> Do sets of five reps Note: You may substitute overhead presses for bench presses once per week if you prefer.
<b>Overhead Presses</b> Do one set of five reps	<b>Overhead Presses</b> Do one set of five reps
<b>Bent-Over Barbell Rows</b> Do sets of five reps	
<b>Comments</b>	
Notice that you only work up to a heavy single rep for squats and bench presses in workout one, and you will not work up to a heavy single rep for these same exercises in workout two. However, you will work up to a heavy single for deadlifts in workout two. There are no heavy single reps for overhead presses and bent-over barbell rows.	
<b>Two to Three Days Off Between Workouts</b>	
Space your workouts apart with two or three days off between workouts. For example, work out on Mondays and Thursdays, or Mondays and Fridays. You can also workout on Tuesdays and Fridays, or Tuesdays and Saturdays.	

### Three Workouts per Week

If you choose to work out three times per week, I suggest the following weekly schedule:

<b>Weekly Schedule</b> <b>Three Workouts per Week</b>		
Be sure to do warm-up sets before the work-sets listed below. See chapter 8 for procedures on how to do warm-up sets.		
<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 3</b>
<b>Squats</b> Do a HEAVY single rep Do sets of five reps	<b>Deadlifts</b> Do a HEAVY single rep Do sets of five reps	<b>Squats</b> Do sets of five reps
<b>Bench Presses</b> Do a HEAVY single rep Do sets of five reps	<b>Bench Presses</b> Do sets of five reps	<b>Bench Presses</b> Do sets of five reps
<b>Overhead Presses</b> Do one set of five reps	<b>Overhead Presses</b> Do one set of five reps Note: You may prefer to do multiple sets of five reps for overhead presses and just do one set of bench press in this workout.	<b>Overhead Presses</b> Do one set of five reps
<b>Bent-Over Barbell Rows</b> Do sets of five reps		<b>Bent-Over Barbell Rows</b> Do sets of five reps
<b>Comments</b>		
Notice that you only work up to a heavy single rep for squats and bench presses in workout one, and you will not work up to a heavy single rep for these same exercises in workouts two or three. However, you will work up to a heavy single for deadlifts in workout two. There are no heavy single reps for overhead presses and bent-over barbell rows.		
<b>One to Two Days Off Between Workouts</b>		
Space your workouts apart with one to two days off between workouts. For example, work out on Mondays, Wednesdays, and Fridays; or Mondays, Wednesdays, and Saturdays; or Mondays, Thursdays, and Saturdays. Create any combination of three days per week while taking one or two days off between workouts.		

# Chapter 10

## When To Include Lighter Workouts

The final step is to create a ten-week training cycle, but before presenting a ten-week cycle, it is important to address the concept of including lighter recovery workouts towards the end of the cycle. Once you reach weeks seven and eight in the cycle, the sets of five reps are performed with 85% and 87.5% of your 1RM. This means there is a good chance you will be pushing close to failure on your top sets for five reps. Since it requires nearly a maximum effort to reach five reps on your top set during weeks seven and eight, you may find the high level of intensity takes a lot out of you. This may make it hard to fully recover your strength any time you are scheduled to repeat the same exercise within the same week.

### **Use 70% of Your 1RM for Lighter Workouts**

If you find you are not fully recovered for a specific exercise, you can back-off to 70% of your 1RM for that exercise when doing it the second time that week. By doing a **lighter workout** after you have pushed hard and heavy in the previous workout, you should be able to recover to full strength for the next heavy workout.

### **Lighter Workouts are Optional**

You won't need to reduce the poundages of exercises that are only scheduled once per week. This is true of deadlifts which are only scheduled once per week in the workouts presented in the previous chapter. Likewise, squats and Bent-over barbell rows are only scheduled once per week if you choose the schedule consisting of two workouts per week.

If you carefully studied the schedules in the previous chapter, you may recognize that squats and Bent-over barbell rows are never scheduled to be performed within the same workout as deadlifts. The reason for this is that the lower back is heavily stressed by all three exercises. Doing squats, deadlifts, and Bent-over barbell rows in the same workout would over-tax the lower back. This is why you do squats and Bent-over barbell rows in the first workout of the week, and deadlifts in the second workout of the week if you choose the schedule consisting of two workouts per week. Under these circumstances, you won't need to schedule lighter recovery workouts for deadlifts, squats, or bent-over barbell rows because they are only performed once per week.



Many of you will prefer the schedule that consists of three workouts per week. When doing three workouts per week, you are much more likely to find it difficult to recover from the heavy lifting that is scheduled for weeks seven and eight. The schedule consisting of three workouts per week requires you to go heavy on bench presses, squats, Bent-over barbell rows, and overhead presses in your first workout of the week. However, each of these exercises are included a second time during the same week. If you are not at full strength when repeating any of these exercises for the second time in a week, identify those specific exercises. Then back-off to 70% of your 1RM when doing those exercises.

If you have not recovered your strength for just one exercise, then that is the only exercise that needs to have the poundage adjusted down to 70% of your 1RM. In contrast, there may be up to four exercises that would benefit from a reduction in weight due to insufficient recovery. The basic concept to keep in mind is to reduce the poundage of an exercise if you have not fully recovered your strength when schedule to do that exercise. In contrast, do not reduce the poundage if you have fully recovered.

Those who include lighter workouts may find that a de-load week is not necessary during week nine because you are de-loading between heavy workouts during weeks seven and eight. Even so, if a de-load week during week nine boosts your strength for week ten, then include the de-load week, however, if the de-load week doesn't help, then delete it from the training cycle.

No heavy single reps should be performed during workouts that are designated as light workouts. Heavy single reps should be performed during the same workouts that you are doing a heavy top set of five reps.

A table that shows the ten-week cycle with the inclusion of the lighter workouts during weeks seven and eight is provided on the next page.

**Double Loading: 10-Week Cycle  
Light Workouts Included**

	<b>5 Reps</b>	<b>1 Rep</b>
	<b>Number of Sets per Exercise Every Workout</b>	<b>Number of Sets per Exercise Once per Week</b>
<b>Week 1</b>	5 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 80% 1RM
<b>Week 2</b>	5 sets x 5 reps @ 72.5% 1RM	1 set x 1 rep @ 82.5% 1RM
<b>Week 3</b>	4 sets x 5 reps @ 75% 1RM	1 set x 1 rep @ 85% 1RM
<b>Week 4</b>	4 sets x 5 reps @ 77.5% 1RM	1 set x 1 rep @ 87.5% 1RM
<b>Week 5</b>	3 sets x 5 reps @ 80% 1RM	1 set x 1 rep @ 90% 1RM
<b>Week 6</b>	2 sets x 5 reps @ 82.5% 1RM <b>Back-off set:</b> 1 set x 5 reps @ 70% 1RM	1 set x 1 rep @ 92.5% 1RM
<b>Week 7 Heavy Workout</b>	1 or 2 sets x 5 reps @ 85% 1RM <b>Back-off sets:</b> 1 or 2 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 95% 1RM
<b>Week 7 Light Workout</b>	3 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 80% 1RM
<b>Week 8 Heavy Workout</b>	1 or 2 sets x 5 reps @ 87.5% 1RM <b>Back-off sets:</b> 1 or 2 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 97.5% 1RM
<b>Week 8 Light Workout</b>	3 sets x 5 reps @ 70% 1RM	1 set x 1 rep @ 80% 1RM
<b>Week 9</b>	3 sets x 5 reps @ 60% 1RM De-load Week	1 set x 1 rep @ 70% 1RM De-load Week
<b>Week 10</b>	1 set x 5 reps @ 90% 1RM	1 set x 1 rep 100% or more 1RM

**Rest Between Sets**

Rest 90 seconds between sets of the same exercise during weeks 1, 2 and 9.  
 Rest 2 minutes between sets of the same exercise during weeks 3 and 4  
 Rest 3 minutes between sets of the same exercise on heavy workouts during weeks 5 – 8.  
 Rest 90 seconds between sets of the same exercise on light workouts during weeks 7-8.

**Percentage Charts With Poundages in Chapter 14**

If you know your single rep max for an exercise, you can look up the poundage you should be using for the weekly percentages. This information is provided in the percentage charts in chapter 14 of this book.

# Chapter 11

## Workout Templates

Perhaps you would like workout templates that allow you to write in your training poundages for each exercise each week. Workout templates are provided on the next four pages. The first two pages have templates with exercises listed, and the two pages that follow show templates without exercises in case you prefer to select your own exercises. Remember that the workout templates are based on using poundages that are calculated by using percentages of your single rep max. You can find the poundages that correlate with the percentages of your single rep max in the tables in chapter 14.

## Double Loading Weeks 1-5

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5
Squats 1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
Bench Press 1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
Deadlifts 1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
Bent-Over B.B. Rows 1RM = _____	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
Overhead Press 1RM = _____	1 x 5 <b>70%</b> _____ lbs.	1 x 5 <b>72.5%</b> _____ lbs.	1 x 5 <b>75%</b> _____ lbs.	1 x 5 <b>77.5%</b> _____ lbs.	1 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.

## Double Loading Weeks 6-10

Exercises	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Squats</b>  1RM = _____ Back-off Sets Included	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
<b>Bench Press</b>  1RM = _____ Back-off Sets Included	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
<b>Deadlifts</b>  1RM = _____ Back-off Sets Included	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
<b>Bent-Over B.B. Rows</b>  1RM = _____ Back-off Sets included	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
<b>Overhead Press</b>  1RM = _____	1 x 5 <b>82.5%</b> _____ lbs.	1 x 5 <b>85%</b> _____ lbs.	1 x 5 <b>87.5%</b> _____ lbs.	1 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		

## Double Loading Weeks 1-5

Write In Your Exercise Selection	Week 1	Week 2	Week 3	Week 4	Week 5
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.
1RM = _____	1 x 1 <b>80%</b> _____ lbs.	1 x 1 <b>82.5%</b> _____ lbs.	1 x 1 <b>85%</b> _____ lbs.	1 x 1 <b>87.5%</b> _____ lbs.	1 x 1 <b>90%</b> _____ lbs.
	5 x 5 <b>70%</b> _____ lbs.	5 x 5 <b>72.5%</b> _____ lbs.	4 x 5 <b>75%</b> _____ lbs.	4 x 5 <b>77.5%</b> _____ lbs.	3 x 5 <b>80%</b> _____ lbs.

## Double Loading Weeks 6-10

Write In Your Exercise Selection	Week 6	Week 7	Week 8	Week 9	Week 10
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		
1RM = _____	1 x 1 <b>92.5%</b> _____ lbs.	1 x 1 <b>95%</b> _____ lbs.	1 x 1 <b>97.5%</b> _____ lbs.	1 x 1 <b>70%</b> _____ lbs.	1 x 1 <b>100%+</b> _____ lbs.
	2 x 5 <b>82.5%</b> _____ lbs.	1-2 x 5 <b>85%</b> _____ lbs.	1-2 x 5 <b>87.5%</b> _____ lbs.	3 x 5 <b>60%</b> _____ lbs.	1 x 5 <b>90%</b> _____ lbs.
	1 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.	1-2 x 5 <b>70%</b> _____ lbs.		

A miniature version of the 10-week cycle is presented below:

Double Loading: 5-Reps and Single Reps										
10 Weeks										
Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Squats 1RM _____	1 x 1 <u>80%</u> _____ lbs.	1 x 1 <u>82.5%</u> _____ lbs.	1 x 1 <u>85%</u> _____ lbs.	1 x 1 <u>87.5%</u> _____ lbs.	1 x 1 <u>90%</u> _____ lbs.	1 x 1 <u>92.5%</u> _____ lbs.	1 x 1 <u>95%</u> _____ lbs.	1 x 1 <u>97.5%</u> _____ lbs.	1 x 1 <u>70%</u> _____ lbs.	1 x 1 <u>100%+</u> _____ lbs.
	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
Bench Press 1RM _____	1 x 1 <u>80%</u> _____ lbs.	1 x 1 <u>82.5%</u> _____ lbs.	1 x 1 <u>85%</u> _____ lbs.	1 x 1 <u>87.5%</u> _____ lbs.	1 x 1 <u>90%</u> _____ lbs.	1 x 1 <u>92.5%</u> _____ lbs.	1 x 1 <u>95%</u> _____ lbs.	1 x 1 <u>97.5%</u> _____ lbs.	1 x 1 <u>70%</u> _____ lbs.	1 x 1 <u>100%+</u> _____ lbs.
	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
Deadlifts 1RM _____	1 x 1 <u>80%</u> _____ lbs.	1 x 1 <u>82.5%</u> _____ lbs.	1 x 1 <u>85%</u> _____ lbs.	1 x 1 <u>87.5%</u> _____ lbs.	1 x 1 <u>90%</u> _____ lbs.	1 x 1 <u>92.5%</u> _____ lbs.	1 x 1 <u>95%</u> _____ lbs.	1 x 1 <u>97.5%</u> _____ lbs.	1 x 1 <u>70%</u> _____ lbs.	1 x 1 <u>100%+</u> _____ lbs.
	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
B.B. Rows 1RM _____	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
	1 x 5 <u>70%</u> _____ lbs.	1 x 5 <u>72.5%</u> _____ lbs.	1 x 5 <u>75%</u> _____ lbs.	1 x 5 <u>77.5%</u> _____ lbs.	1 x 5 <u>80%</u> _____ lbs.	1 x 5 <u>82.5%</u> _____ lbs.	1 x 5 <u>85%</u> _____ lbs.	1 x 5 <u>87.5%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
Overhead Press 1RM _____	1 x 1 <u>80%</u> _____ lbs.	1 x 1 <u>82.5%</u> _____ lbs.	1 x 1 <u>85%</u> _____ lbs.	1 x 1 <u>87.5%</u> _____ lbs.	1 x 1 <u>90%</u> _____ lbs.	1 x 1 <u>92.5%</u> _____ lbs.	1 x 1 <u>95%</u> _____ lbs.	1 x 1 <u>97.5%</u> _____ lbs.	1 x 1 <u>70%</u> _____ lbs.	1 x 1 <u>100%+</u> _____ lbs.
	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.
1RM _____	1 x 1 <u>80%</u> _____ lbs.	1 x 1 <u>82.5%</u> _____ lbs.	1 x 1 <u>85%</u> _____ lbs.	1 x 1 <u>87.5%</u> _____ lbs.	1 x 1 <u>90%</u> _____ lbs.	1 x 1 <u>92.5%</u> _____ lbs.	1 x 1 <u>95%</u> _____ lbs.	1 x 1 <u>97.5%</u> _____ lbs.	1 x 1 <u>70%</u> _____ lbs.	1 x 1 <u>100%+</u> _____ lbs.
	5 x 5 <u>70%</u> _____ lbs.	5 x 5 <u>72.5%</u> _____ lbs.	4 x 5 <u>75%</u> _____ lbs.	4 x 5 <u>77.5%</u> _____ lbs.	3 x 5 <u>80%</u> _____ lbs.	2 x 5 <u>82.5%</u> _____ lbs.	1-2 x 5 <u>85%</u> _____ lbs.	1-2 x 5 <u>87%</u> _____ lbs.	3 x 5 <u>60%</u> _____ lbs.	1 x 5 <u>90%</u> _____ lbs.



# Chapter 12

## Summary Of Adjustments For Individualization

Remember, you can adjust the exercises according to your preference and goals. The exercises I have recommended will help you build overall strength throughout your body, but you can change them according to your own needs and desires. The main point of this book is to provide an example of how the weekly loading works so you can apply it to whatever exercises you choose for your workouts.

### **Back-off Sets**

Back-off sets can be included or excluded according to what you find works best. Some lifters will respond better without doing back-off sets during weeks six, seven, and eight, but some will need to include the back-off sets to provide adequate volume for strength gains.

### **Lighter Workouts**

When you reach weeks seven and eight of the cycle, many of you will find that you are pushing close to failure when doing your top set of five reps. This requires maximum effort which may drain you of strength and energy leaving you in a weakened state for your next workout. If this proves to be true in your own experience, alternate between heavier workouts and lighter workouts that are not as taxing. The lighter workouts allow you to fully recover so that you are at full strength by the time you are scheduled for your next heavy workout. Refer back to chapter ten for advice on how to do lighter workouts.

### **Increase or Decrease Sets**

It is possible that the number of sets listed for each exercise is not sufficient to stimulate strength. If you are recovering easily and have a ton of energy between workouts when you do the number of sets listed in the workout tables, add as many sets as needed according to your ability to recover and respond positively to the workouts.

You may also experience the opposite problem and feel like you are overtaxed with too many sets. If you need to back-off on the number of sets, do so in proportion to your ability to recover from the workouts.

### **Individual Differences**

Lifters are individuals and individuals are different. This means that you can try the workouts as listed to see how you respond. You can then adjust according to your recovery, your energy, and your results.

### **Warning to the Ambitious**

Beware of adjustments that work for the short term but rob you of results over the long-term. If you are overly ambitious, I want to warn you that pushing too hard and too heavy may seem to give you sudden burst of strength in the short term, but it tends to kill long-term results. Your goal is to peak at the end of the ten-week cycle, not the beginning. Allow yourself to work up to the heavy poundages over time so that your body will respond to the heavy loads when you need your strength the most, which is at the end of the cycle.

# Chapter 13

## The Double Loading Challenge

There are multitudes of training methods that will help you gain strength. I believe double loading of five reps and single reps is a training method that will work for the majority of lifters. The key is precision training. This means being precise in terms of:

Striving to do each rep of each exercise with excellent form.

Using the right weekly poundages for each exercise.

Doing the right number of sets according to your workload tolerance.

Doing the right number of workouts according to your ability to fully recover between workouts.

If you want to experience strength training success, remember these two things:

1. Successful lifters use training methods that work, and they execute each part of the method correctly.
2. Successful lifters individualize methods that work so that they work even better.

My hope is that the information in this book will help you to gain the knowledge needed to make the most of your strength training efforts. May God bless you with the best of training.

# Chapter 14

## Percentage Charts

You may find it helpful to use the charts in this section to select weekly poundages for your exercises. Simply look for the single rep max in the top row of the tables that corresponds to your single rep max for an exercise, then find the percentage that you are scheduled to use in the left-hand column of the chart. Follow the row of your percentage to the right until you come to the cell of the column that has your single rep max in the top row. The cell that forms the intersection of your single rep max and the percentage you are scheduled to use contains the poundage you should use for your workout. An example of how this works will help:

Imagine your single rep max for the bench press is 250 pounds and you are to use 75% for four sets of five reps during week three. You will look through the top rows of the tables to find 250 and then look through the percentages in the left-hand column to find 75%. When you find 75% and follow the row to the right to the column that corresponds to your 1RM of 250, you will come to the cell that says 190, which means that you should use 190 pounds for your bench press workout.

	1RM 200	1RM 205	1RM 210	1RM 215	1RM 220	1RM 225	1RM 230	1RM 235	1RM 240	1RM 245	1RM 250
70%	140	145	145	150	155	160	160	165	170	170	175
72.5%	145	150	150	155	160	165	165	170	175	175	180
75%	150	155	160	160	165	170	175	175	180	185	190
77.5%	155	160	160	165	170	175	180	180	185	190	195
80%	160	165	170	170	175	180	185	190	190	195	200
82.5%	165	170	170	175	180	185	190	195	195	200	205
85%	170	175	180	185	185	190	195	200	205	210	215
87.5%	175	180	185	190	190	195	200	205	210	215	220
90%	180	185	190	195	200	200	205	210	215	220	225
92.5%	185	190	195	200	205	205	210	215	220	225	230
95%	190	195	200	205	210	215	220	225	230	235	240
97.5%	195	200	205	210	215	220	225	230	235	240	245
100%	200	205	210	215	220	225	230	235	240	245	250

	<b>1RM 50</b>	<b>1RM 55</b>	<b>1RM 60</b>	<b>1RM 65</b>	<b>1RM 70</b>	<b>1RM 75</b>	<b>1RM 80</b>	<b>1RM 85</b>	<b>1RM 90</b>	<b>1RM 95</b>	<b>1RM 100</b>
<b>70%</b>	35	40	40	45	50	55	55	60	65	65	70
<b>72.5%</b>	35	40	45	45	50	55	60	60	65	70	70
<b>75%</b>	40	40	45	50	55	55	60	65	70	70	75
<b>77.5%</b>	40	45	45	50	55	60	60	65	70	75	75
<b>80%</b>	40	45	50	50	55	60	65	68	70	80	80
<b>82.5%</b>	40	45	50	55	55	60	65	70	75	80	80
<b>85%</b>	45	45	50	55	60	65	70	70	75	80	85
<b>87.5%</b>	45	45	50	55	60	65	70	75	80	85	85
<b>90%</b>	45	50	55	60	65	70	70	75	80	85	90
<b>92.5%</b>	45	50	55	60	65	70	75	80	85	85	90
<b>95%</b>	50	50	55	61	65	70	75	80	85	90	95
<b>97.5%</b>	50	55	60	65	70	75	80	80	90	90	95
<b>100%</b>	50	55	60	65	70	75	80	85	90	95	100

	<b>1RM 100</b>	<b>1RM 105</b>	<b>1RM 110</b>	<b>1RM 115</b>	<b>1RM 120</b>	<b>1RM 125</b>	<b>1RM 130</b>	<b>1RM 135</b>	<b>1RM 140</b>	<b>1RM 145</b>	<b>1RM 150</b>
<b>70%</b>	70	75	75	80	85	90	90	95	100	100	105
<b>72.5%</b>	70	75	80	85	85	90	95	95	100	105	110
<b>75%</b>	75	80	85	85	90	95	100	100	105	110	115
<b>77.5%</b>	75	80	85	90	90	95	100	105	110	110	115
<b>80%</b>	80	85	90	90	95	100	105	110	110	115	120
<b>82.5%</b>	82	85	90	95	100	105	105	110	115	120	125
<b>85%</b>	85	90	95	100	105	105	110	115	120	125	130
<b>87.5%</b>	85	90	95	100	105	110	115	115	120	125	130
<b>90%</b>	90	95	100	105	110	115	115	121	125	130	135
<b>92.5%</b>	90	95	100	105	110	115	120	125	130	135	140
<b>95%</b>	95	100	105	110	115	120	125	130	135	140	145
<b>97.5%</b>	95	100	105	110	115	120	125	130	135	140	145
<b>100%</b>	100	105	110	115	120	125	130	135	140	145	150

	<b>1RM 150</b>	<b>1RM 155</b>	<b>1RM 160</b>	<b>1RM 165</b>	<b>1RM 170</b>	<b>1RM 175</b>	<b>1RM 180</b>	<b>1RM 185</b>	<b>1RM 190</b>	<b>1RM 195</b>	<b>1RM 200</b>
<b>70%</b>	105	110	110	115	120	125	125	130	135	135	140
<b>72.5%</b>	110	110	115	120	125	125	130	135	135	140	145
<b>75%</b>	115	115	120	125	130	130	135	140	140	145	150
<b>77.5%</b>	115	120	125	125	130	135	140	145	145	150	155
<b>80%</b>	120	125	130	130	135	140	145	150	150	155	160
<b>82.5%</b>	125	125	130	135	140	145	150	150	155	160	165
<b>85%</b>	130	130	135	140	145	150	155	155	160	165	170
<b>87.5%</b>	130	135	140	145	150	155	155	160	165	179	175
<b>90%</b>	135	140	145	150	155	160	160	165	170	175	180
<b>92.5%</b>	140	145	145	150	155	160	165	170	175	180	185
<b>95%</b>	145	145	150	155	160	165	170	175	180	185	190
<b>97.5%</b>	145	150	155	160	165	170	175	180	185	190	195
<b>100%</b>	150	155	160	165	170	175	180	185	190	195	200

	<b>1RM 200</b>	<b>1RM 205</b>	<b>1RM 210</b>	<b>1RM 215</b>	<b>1RM 220</b>	<b>1RM 225</b>	<b>1RM 230</b>	<b>1RM 235</b>	<b>1RM 240</b>	<b>1RM 245</b>	<b>1RM 250</b>
<b>70%</b>	140	145	145	150	155	160	160	165	170	170	175
<b>72.5%</b>	145	150	150	155	160	165	165	170	175	175	180
<b>75%</b>	150	155	160	160	165	170	175	175	180	185	190
<b>77.5%</b>	155	160	160	165	170	175	180	180	185	190	195
<b>80%</b>	160	165	170	170	175	180	185	190	190	195	200
<b>82.5%</b>	165	170	170	175	180	185	190	195	195	200	205
<b>85%</b>	170	175	180	185	185	190	195	200	205	210	215
<b>87.5%</b>	175	180	185	190	190	195	200	205	210	215	220
<b>90%</b>	180	185	190	195	200	200	205	210	215	220	225
<b>92.5%</b>	185	190	195	200	205	205	210	215	220	225	230
<b>95%</b>	190	195	200	205	210	215	220	225	230	235	240
<b>97.5%</b>	195	200	205	210	215	220	225	230	235	240	245
<b>100%</b>	200	205	210	215	220	225	230	235	240	245	250

	<b>1RM 250</b>	<b>1RM 255</b>	<b>1RM 260</b>	<b>1RM 265</b>	<b>1RM 270</b>	<b>1RM 275</b>	<b>1RM 280</b>	<b>1RM 285</b>	<b>1RM 290</b>	<b>1RM 295</b>	<b>1RM 300</b>
<b>70%</b>	175	180	180	185	185	195	195	200	205	205	210
<b>72.5%</b>	180	185	190	190	190	200	200	205	210	210	215
<b>75%</b>	190	190	195	200	200	205	205	215	220	220	225
<b>77.5%</b>	195	195	200	205	205	210	210	220	225	225	230
<b>80%</b>	200	205	210	210	210	220	220	230	230	235	240
<b>82.5%</b>	205	210	215	220	220	225	225	235	240	240	245
<b>85%</b>	215	215	220	225	225	235	235	240	245	250	255
<b>87.5%</b>	220	220	225	230	230	240	240	250	250	255	260
<b>90%</b>	225	230	235	240	240	250	250	255	260	265	270
<b>92.5%</b>	230	235	240	245	245	255	255	260	265	270	275
<b>95%</b>	240	240	245	250	250	260	260	270	275	280	285
<b>97.5%</b>	245	250	250	255	255	265	265	275	280	285	290
<b>100%</b>	250	255	260	265	265	275	275	285	290	295	300

	<b>1RM 300</b>	<b>1RM 305</b>	<b>1RM 310</b>	<b>1RM 315</b>	<b>1RM 320</b>	<b>1RM 325</b>	<b>1RM 330</b>	<b>1RM 335</b>	<b>1RM 340</b>	<b>1RM 345</b>	<b>1RM 350</b>
<b>70%</b>	210	215	215	220	225	230	230	235	240	240	245
<b>72.5%</b>	215	220	225	225	230	235	240	240	245	250	250
<b>75%</b>	225	230	235	235	240	245	250	250	255	260	265
<b>77.5%</b>	230	235	240	245	245	250	255	260	260	265	270
<b>80%</b>	240	245	250	250	255	260	265	270	270	275	280
<b>82.5%</b>	245	250	255	260	265	265	270	275	270	285	285
<b>85%</b>	255	260	265	270	270	275	280	285	290	295	300
<b>87.5%</b>	260	265	270	275	280	285	285	290	295	300	305
<b>90%</b>	270	275	280	285	290	295	295	300	305	310	315
<b>92.5%</b>	275	280	285	290	295	300	305	310	315	320	320
<b>95%</b>	285	290	295	300	305	310	315	320	325	330	335
<b>97.5%</b>	290	295	300	305	310	315	320	325	330	335	340
<b>100%</b>	300	305	310	315	320	325	330	335	340	345	350

	<b>1RM 350</b>	<b>1RM 355</b>	<b>1RM 360</b>	<b>1RM 365</b>	<b>1RM 370</b>	<b>1RM 375</b>	<b>1RM 380</b>	<b>1RM 385</b>	<b>1RM 390</b>	<b>1RM 395</b>	<b>1RM 400</b>
<b>70%</b>	245	250	250	255	260	265	265	270	275	275	280
<b>72.5%</b>	250	255	260	265	265	270	275	275	280	285	290
<b>75%</b>	265	265	270	275	270	280	285	290	295	295	300
<b>77.5%</b>	270	275	275	280	285	290	295	295	300	305	310
<b>80%</b>	280	285	290	290	295	300	305	310	310	315	320
<b>82.5%</b>	285	290	295	300	305	310	310	315	320	325	330
<b>85%</b>	300	300	305	310	315	320	325	330	330	335	340
<b>87.5%</b>	305	310	315	320	320	325	330	335	340	345	350
<b>90%</b>	315	320	325	330	335	340	340	345	350	355	360
<b>92.5%</b>	320	325	330	335	340	345	350	355	360	365	370
<b>95%</b>	335	335	340	345	350	355	360	365	370	375	380
<b>97.5%</b>	340	345	350	355	360	365	370	375	380	385	390
<b>100%</b>	350	355	360	365	370	375	380	385	390	395	400



	<b>1RM 400</b>	<b>1RM 405</b>	<b>1RM 410</b>	<b>1RM 415</b>	<b>1RM 420</b>	<b>1RM 425</b>	<b>1RM 430</b>	<b>1RM 435</b>	<b>1RM 440</b>	<b>1RM 445</b>	<b>1RM 450</b>
<b>70%</b>	280	285	285	290	295	300	300	305	310	310	315
<b>72.5%</b>	290	290	295	300	300	305	310	315	315	320	325
<b>75%</b>	300	305	310	310	315	320	320	325	330	335	335
<b>77.5%</b>	310	310	315	320	325	330	330	335	340	345	345
<b>80%</b>	320	325	330	330	335	340	345	345	350	355	360
<b>82.5%</b>	330	330	335	340	345	350	355	355	360	365	370
<b>85%</b>	340	345	350	355	355	360	365	370	375	375	380
<b>87.5%</b>	350	355	355	360	365	370	375	380	385	385	390
<b>90%</b>	360	365	370	375	375	380	385	390	395	400	405
<b>92.5%</b>	370	375	375	380	385	390	395	400	405	410	415
<b>95%</b>	380	385	390	395	400	405	410	415	415	420	425
<b>97.5%</b>	390	395	400	405	405	410	415	420	425	430	435
<b>100%</b>	400	405	410	415	420	425	430	435	440	445	450

	<b>1RM 450</b>	<b>1RM 455</b>	<b>1RM 460</b>	<b>1RM 465</b>	<b>1RM 470</b>	<b>1RM 475</b>	<b>1RM 480</b>	<b>1RM 485</b>	<b>1RM 490</b>	<b>1RM 495</b>	<b>1RM 500</b>
<b>70%</b>	315	320	320	325	330	330	335	340	345	345	350
<b>72.5%</b>	325	330	330	335	340	340	345	350	355	355	360
<b>75%</b>	335	340	345	350	355	355	360	365	365	370	375
<b>77.5%</b>	345	350	355	360	360	365	370	375	375	380	385
<b>80%</b>	360	365	365	370	375	380	385	390	390	395	400
<b>82.5%</b>	370	375	375	380	385	390	395	400	400	405	410
<b>85%</b>	380	385	390	395	400	405	410	410	415	420	425
<b>87.5%</b>	390	395	400	405	410	415	420	420	425	430	435
<b>90%</b>	405	410	415	420	425	425	430	435	440	445	450
<b>92.5%</b>	415	420	425	430	435	435	440	445	450	455	460
<b>95%</b>	425	430	435	440	445	450	455	460	465	470	475
<b>97.5%</b>	435	440	445	450	455	460	465	470	475	480	485
<b>100%</b>	450	455	460	465	470	475	480	485	490	495	500

	<b>1RM 450</b>	<b>1RM 455</b>	<b>1RM 460</b>	<b>1RM 465</b>	<b>1RM 470</b>	<b>1RM 475</b>	<b>1RM 480</b>	<b>1RM 485</b>	<b>1RM 490</b>	<b>1RM 495</b>	<b>1RM 500</b>
<b>70%</b>	315	320	320	325	330	330	335	340	345	345	350
<b>72.5%</b>	325	330	330	335	340	340	345	350	355	355	360
<b>75%</b>	335	340	345	350	355	355	360	365	365	370	375
<b>77.5%</b>	345	350	355	360	360	365	370	375	375	380	385
<b>80%</b>	360	365	365	370	375	380	385	390	390	395	400
<b>82.5%</b>	370	375	375	380	385	390	395	400	400	405	410
<b>85%</b>	380	385	390	395	400	405	410	410	415	420	425
<b>87.5%</b>	390	395	400	405	410	415	420	420	425	430	435
<b>90%</b>	405	410	415	420	425	425	430	435	440	445	450
<b>92.5%</b>	415	420	425	430	435	435	440	445	450	455	460
<b>95%</b>	425	430	435	440	445	450	455	460	465	470	475
<b>97.5%</b>	435	440	445	450	455	460	465	470	475	480	485
<b>100%</b>	450	455	460	465	470	475	480	485	490	495	500

	<b>1RM 500</b>	<b>1RM 505</b>	<b>1RM 510</b>	<b>1RM 515</b>	<b>1RM 520</b>	<b>1RM 525</b>	<b>1RM 530</b>	<b>1RM 535</b>	<b>1RM 540</b>	<b>1RM 545</b>	<b>1RM 550</b>
<b>70%</b>	350	355	355	360	365	370	370	375	380	380	385
<b>72.5%</b>	360	365	365	370	375	380	380	385	390	390	395
<b>75%</b>	375	380	385	385	390	395	400	400	405	405	410
<b>77.5%</b>	385	390	395	395	400	405	410	410	415	420	425
<b>80%</b>	400	405	410	410	415	420	425	430	430	435	440
<b>82.5%</b>	410	415	420	420	425	430	435	440	445	450	450
<b>85%</b>	425	430	435	440	440	445	450	455	460	465	470
<b>87.5%</b>	435	440	445	450	450	455	460	465	470	475	480
<b>90%</b>	450	455	460	465	470	475	475	480	485	490	495
<b>92.5%</b>	460	465	470	475	480	485	490	490	495	500	505
<b>95%</b>	475	480	485	490	495	500	505	510	515	520	525
<b>97.5%</b>	485	490	495	500	505	510	515	520	525	530	535
<b>100%</b>	500	505	510	515	520	525	530	535	540	545	550

	<b>1RM 550</b>	<b>1RM 555</b>	<b>1RM 560</b>	<b>1RM 565</b>	<b>1RM 570</b>	<b>1RM 575</b>	<b>1RM 580</b>	<b>1RM 585</b>	<b>1RM 590</b>	<b>1RM 595</b>	<b>1RM 600</b>
<b>70%</b>	385	390	390	395	400	405	405	410	415	415	420
<b>72.5%</b>	395	400	405	405	410	415	420	420	425	430	430
<b>75%</b>	410	415	420	425	430	430	435	440	445	445	450
<b>77.5%</b>	425	430	430	435	440	445	445	450	455	460	460
<b>80%</b>	440	445	450	450	455	460	465	470	470	475	480
<b>82.5%</b>	450	455	460	465	470	470	475	480	485	490	390
<b>85%</b>	470	470	475	480	485	490	495	495	500	505	510
<b>87.5%</b>	480	485	485	490	495	500	505	510	515	520	520
<b>90%</b>	495	500	505	510	515	520	520	525	530	535	540
<b>92.5%</b>	505	510	515	520	525	530	535	540	545	545	550
<b>95%</b>	525	525	530	535	540	545	550	555	560	565	570
<b>97.5%</b>	535	540	545	550	555	560	565	565	570	575	580
<b>100%</b>	550	555	560	565	570	575	580	585	590	595	600

	<b>1RM 600</b>	<b>1RM 605</b>	<b>1RM 610</b>	<b>1RM 615</b>	<b>1RM 620</b>	<b>1RM 625</b>	<b>1RM 630</b>	<b>1RM 635</b>	<b>1RM 640</b>	<b>1RM 645</b>	<b>1RM 650</b>
<b>70%</b>	420	425	425	430	435	440	440	445	450	450	455
<b>72.5%</b>	430	435	440	445	445	450	455	455	460	465	470
<b>75%</b>	450	455	460	460	465	470	475	475	480	485	490
<b>77.5%</b>	460	465	470	475	480	480	485	490	495	495	500
<b>80%</b>	480	485	490	490	495	500	505	510	510	515	520
<b>82.5%</b>	390	495	500	505	510	515	515	520	525	530	535
<b>85%</b>	510	515	520	525	525	530	535	540	545	550	555
<b>87.5%</b>	520	525	530	535	540	545	550	555	555	560	565
<b>90%</b>	540	545	550	555	560	565	565	570	575	580	585
<b>92.5%</b>	550	555	560	565	570	575	580	585	590	595	600
<b>95%</b>	570	575	580	585	590	595	600	605	610	615	620
<b>97.5%</b>	580	585	590	595	600	605	610	615	620	625	630
<b>100%</b>	600	605	610	615	620	625	630	635	640	645	650

	<b>1RM 650</b>	<b>1RM 655</b>	<b>1RM 660</b>	<b>1RM 665</b>	<b>1RM 670</b>	<b>1RM 675</b>	<b>1RM 680</b>	<b>1RM 685</b>	<b>1RM 690</b>	<b>1RM 695</b>	<b>1RM 700</b>
<b>70%</b>	455	460	460	465	470	470	475	480	485	485	490
<b>72.5%</b>	470	470	475	480	480	485	490	495	495	500	505
<b>75%</b>	490	490	495	500	505	505	510	515	520	520	525
<b>77.5%</b>	500	505	510	510	515	520	525	525	530	535	540
<b>80%</b>	520	525	530	530	535	540	545	550	550	555	560
<b>82.5%</b>	535	535	540	545	550	555	560	560	565	570	575
<b>85%</b>	555	555	560	565	570	575	580	580	585	590	595
<b>87.5%</b>	565	570	575	580	585	585	590	595	600	605	610
<b>90%</b>	585	590	595	600	605	610	610	615	620	625	630
<b>92.5%</b>	600	605	605	610	615	620	625	630	635	640	645
<b>95%</b>	620	620	625	630	635	640	645	650	655	660	665
<b>97.5%</b>	630	635	640	645	650	655	660	665	670	675	680
<b>100%</b>	650	655	660	665	670	675	680	685	690	695	700

	<b>1RM 700</b>	<b>1RM 705</b>	<b>1RM 710</b>	<b>1RM 715</b>	<b>1RM 720</b>	<b>1RM 725</b>	<b>1RM 730</b>	<b>1RM 735</b>	<b>1RM 740</b>	<b>1RM 745</b>	<b>1RM 750</b>
<b>70%</b>	490	495	495	500	505	505	510	515	520	520	525
<b>72.5%</b>	505	510	510	515	520	520	525	530	535	535	540
<b>75%</b>	525	530	535	535	540	545	550	550	555	560	565
<b>77.5%</b>	540	545	545	550	555	560	560	565	570	575	580
<b>80%</b>	560	565	570	570	575	580	585	590	590	595	600
<b>82.5%</b>	575	580	580	585	590	595	600	605	605	610	615
<b>85%</b>	595	600	605	610	610	615	620	625	630	635	640
<b>87.5%</b>	610	615	620	620	625	630	635	640	645	650	655
<b>90%</b>	630	635	640	645	650	655	655	660	665	670	675
<b>92.5%</b>	645	650	655	660	660	665	670	675	680	685	690
<b>95%</b>	665	670	675	680	685	690	695	700	705	710	715
<b>97.5%</b>	680	685	690	695	700	705	710	715	720	725	730
<b>100%</b>	700	705	710	715	720	725	730	735	740	745	750

	<b>1RM 750</b>	<b>1RM 755</b>	<b>1RM 760</b>	<b>1RM 765</b>	<b>1RM 770</b>	<b>1RM 775</b>	<b>1RM 780</b>	<b>1RM 785</b>	<b>1RM 790</b>	<b>1RM 795</b>	<b>1RM 800</b>
<b>70%</b>	525	530	530	535	540	545	545	550	555	555	560
<b>72.5%</b>	540	545	545	550	555	560	560	565	570	570	575
<b>75%</b>	565	565	570	575	580	580	585	590	595	595	600
<b>77.5%</b>	580	580	585	590	595	595	600	605	610	610	615
<b>80%</b>	600	605	610	610	615	620	625	630	630	635	640
<b>82.5%</b>	615	620	625	625	630	635	640	645	650	650	655
<b>85%</b>	640	640	645	650	655	660	665	665	670	675	680
<b>87.5%</b>	655	655	660	665	670	675	680	685	685	690	695
<b>90%</b>	675	680	685	690	695	700	700	705	710	715	720
<b>92.5%</b>	690	695	700	705	710	715	720	720	725	730	735
<b>95%</b>	715	715	720	725	730	735	740	745	750	755	760
<b>97.5%</b>	730	730	735	740	745	750	755	760	765	770	775
<b>100%</b>	750	755	760	765	770	775	780	785	790	795	800



# **Exercise Manual**

## **How To Perform Exercises**

The exercises discussed in this book are included in the exercise manual, however, other common strength building exercises are also included for those who are interested in using a greater variety of exercises

## **Section 1**

### **Exercises For Chest Muscles**



## Bench Press



**Muscles of Emphasis:** Chest (Pectoral) Muscles, Triceps, and front Deltoids

### Exercise Instructions:

1. Position yourself on your back on a bench press bench.
2. Use an overhand grip to grasp the bar with your hands a little wider than shoulder width apart.
3. Take the barbell that is on the bench press rack and push it up to arm's length above your chest.
4. Carefully lower the bar down until it is touching your lower chest.
5. Push the bar straight up to arm's length above your chest.
6. Repeat until you reach the desired number of reps and carefully put the bar back on the bench press rack that supports the barbell.

### Variations

1. A wider grip with elbows wide to the side during the lift will emphasize the outer chest muscles. Caution, a wide grip with elbows wide to the side can be stressful to the shoulder joint if done too often or with weights that are too heavy.
2. A close grip will emphasize the triceps muscles. Keeping the elbows in close to the body will emphasize the inner triceps on the back of your arms and the front deltoid muscles of the shoulders. Flaring the elbows out to the side while using a close grip will emphasize the outer triceps muscles of the arms.

3. When using a chest press machine, the form is generally similar to the bench press in terms of hand placement and the lifting motion, but many machines require a sitting position instead of a flat lying position for the chest press.

## Incline Press



**Muscles of Emphasis:** Upper Chest (Pectoral) Muscles, Triceps, and Deltoids

### Exercise Instructions

1. Position yourself on your back on an incline bench.
2. Use an overhand grip to grasp the bar with your hands a little wider than shoulder width apart.
3. Take the barbell that is on the incline rack and push it up to arm's length above your face.
4. Carefully lower the bar down until it is touching your upper chest.
5. Push the bar straight up to arm's length over your face.
6. Repeat until you reach the desired number of reps and carefully put the bar back on the rack that supports the barbell.

### Dumbbell Incline Variation

This exercise is often done with dumbbells instead of a barbell. The same lifting motion that is used with a barbell is used with dumbbells except that you have the option of touching the dumbbells together at the top of the lifting motion in order to squeeze your pec muscles more.

## Dips



**Muscles of Emphasis:** Chest (Pectoral) Muscles

### Exercise Instructions

1. Position yourself between a wide set of dipping bars. Narrow dipping bars work triceps and very little chest.
2. Grasp the left dipping bar with your left hand and the right dipping bar with your right hand.
3. You can either begin in a bent arm position to start with, or you can start in a straight arm position and lower yourself until your elbows are bent at a 90 degree angle.
4. Do not let your elbows travel straight back or straight out to the side when lowering yourself. Half way in between straight back and straight out to the side is better.
5. From the lowered position, push your body upward until your arms are straight.
6. Keep repeating the process of lowering yourself into a bent arm position and pushing back up into a straight arm position until you have completed the desired number of repetitions.

## **Section 2**

### **Exercises For Upper Leg Muscles and Glutes**

## Squats



### **Muscles of Emphasis:**

Upper leg muscles: (quadriceps and hamstrings) glutes, and lower back

### **Exercise Instructions:**

1. In order to use sufficient weight for the barbell squat, you need a squat rack that will hold the barbell just below shoulder level.
2. Position your body under the bar so that the bar will rest across the back of your shoulders. Push your upper traps and shoulders up into the bar to lift the bar off the squat stands, take two steps back, and set up in a standing position with your feet about shoulder width apart.
3. Keeping your back straight, squat down until your thighs are parallel with the floor and return to a standing position. Repeat the exercise motion until the desired number of repetitions have been completed.

### **Tips and Considerations**

The ratio between body parts can have a huge effect on how you squat. Lifters who possess short legs will generally find it easy to squat in an upright position. In contrast, someone with long legs and a long femur will tend to bend over much more. They will also be forced to allow their behind to stick out behind them more in order to keep their balance. A person with very

long legs may find that a wide stance is the only way to keep their upper body in a fairly upright position when squatting. Each person will have to experiment to find a way of squatting that is comfortable for them. If squatting seems very awkward for you, you may need to get help from an experienced lifter or a coach who understands your body structure and personal needs.

## **Variations**

### **Front Squats**

Squats can also be done with a barbell resting across the front of the shoulders instead of the back of the shoulders. This exercise is called front squats. Front squats require your body to stay more upright and will put more stress on the front of your thighs (the quadriceps). At the same time, less stress will be placed on the hamstring muscles of the back of the legs, and the gluteus muscles of the butt, as well as the lower back muscles. You can also substitute a kettlebell or a dumbbell for a barbell and hold the kettlebell or dumbbell against your upper chest when performing front squats. These are sometimes called “**Goblet Squats.**”

### **Dumbbell Straddle Squats**

Another variation of squats is straddle squats where you grab a single dumbbell and let it hang down at arm's length in front of your thighs. With feet spaced about shoulder width apart, squat down into a sitting position. The dumbbell should travel straight down between your feet and touch the floor, or come close to touching the floor, then return to a standing position. Always keep your feet flat on the floor and do your best to keep the weight on the center of your foot instead of on the balls of your feet or your heels. It is very important to keep your back from rounding over when you do this exercise. Keep your back straight throughout the entire movement.



## Leg Press



### **Muscles of Emphasis:** Quadriceps, Hamstrings, Glutes

#### **Exercise Instructions:**

1. Sit in a leg press with your behind firmly on the seat and your back centered flat against the back rest.
2. Place your feet about twelve to eighteen inches apart against the foot platform. The further up you place your feet on the foot platform, the more it tends to work the glute muscles of your behind along with the back of your thighs (your hamstrings). The further down you place your feet on the foot platform, the less it will work your glutes and hamstrings, while utilizing the quadriceps (front of the thighs) to lift the weight.
3. Many leg press machines have a safety bar that holds the weights in place. This requires that you grasp the handles to the safety bar which are usually located down by the side of your hips. You must then extend your legs into a straight position and rotate the safety bar handles outward.
4. Once you have extended your legs into a straight position, lower the weight until your legs are bent at a 90 degree angle to establish a starting position. From the starting

position, extend your legs against the weight until your legs are straight, then return to the starting position. Repeat until you reach the desired number of repetitions.

5. Finish with your legs straight on your last repetition, then grasp the handles to the safety bar and rotate them back up into the starting position. Carefully lower the weights until they are caught by the safety bar.

## **Section 3**

### **Deadlifts**

# Deadlifts



**Muscles of Emphasis:** Thighs, Gluteus and Back

**These instructions are for the CONVENTIONAL DEADLIFT:**

1. Stand just behind a barbell with feet a little less than shoulder width apart. The bar should be one to two inches from your shins.
2. Bend over forward at the waist and hips while keeping your back straight and bend your knees while reaching down to grasp the bar.
3. Let your behind drift back as you bend over. At the same time, do not let your knees move forward over your toes or the bar. Do your best to keep your knees directly over your ankles so that your shins are straight up and down instead of slanting forward at the start of the lift.
4. Grasp the bar with your hands about shoulder width apart using an overhand grip with one hand, and an underhand grip with the other hand.
5. While keeping your back straight, straighten up into a standing position with the bar hanging down in front of your thighs. The bar should stay in close to your legs and body as you pull and straighten up.
6. Carefully lower the bar to the floor and repeat the exercise until the designated amount of repetitions have been completed.

**Variations**

Some lifters prefer the **sumo deadlift** technique which is done with a very wide foot spacing and toes angled outward. The upper body should only angle forward a slight amount and should remain as upright as possible throughout the lift. When using the sumo deadlift technique, you should not feel as much stress on the lower back as you would when performing the conventional deadlift, and you will likely feel more stress on your inner thighs, hamstrings, outer hips, and glutes.

There is no rule that says you must use the conventional style or the sumo style of deadlift. Some lifters prefer an intermediate stance in which the feet are not spaced narrow nor wide as would be done with the conventional or sumo style deadlift. Instead, the feet are spaced somewhere in between a wide and narrow stance.

Lifters with long legs and a short upper body are more likely to prefer the conventional deadlift. Lifters with short legs and a long upper body are more likely to prefer the sumo deadlift. However, this is just a tendency, not a rule. Each lifter should do what is most comfortable according to their own leverages and strengths.

## **Section 4**

### **Exercises For Back Muscles**

## Barbell Rows



**Muscles of Emphasis:** Back, Biceps, and Rear Deltoids

### Exercise Instructions:

1. While keeping your back straight (do not round your back), bend over a barbell that is on the ground and grasp it using an overhand grip with hands spaced about shoulder width apart.
2. While maintaining a bent over position, pull the barbell up until it touches the middle of your waist.
3. While maintaining a bent over position, lower the bar carefully to arm's length.
4. Repeat this motion until you have reached the desired number of repetitions.
5. Keep your back stable during the exercise; be careful not to jerk the weight up with your back.

## Seated Pulley Rows



**Muscles of Emphasis:** Back, Biceps, and Rear Deltoids

### Exercise Instructions

1. Not all equipment for seated pulley rows is the same. The essential concept is to face a pulley device and sit down close enough to grasp the handle (preferably a v-bar handle) at the end of the cable.
2. Legs should be slightly bent and positioned forward in front of the body with the feet placed forward on the foot platform or crossbar if it is available on the pulley device.
3. Make sure your upper body is positioned upright with the back straight and chest high.
4. Reach forward with both hands to grasp the handle at the end of the pulley cable.
5. Pull the handle towards your body until it touches the upper abdomen area.
6. Squeeze your shoulder blades together as you pull the handle into your body.
7. Lower the weight by returning your hands and arms to the starting position in front of your body.
8. Repeat pulling the handle into your body and returning it to the starting position for the desired number of repetitions.



## Lat Pulldowns



**Muscles of Emphasis:** Back, Biceps, and rear Deltoids

### **Exercise Instructions:**

1. Sit down on a lat pull seat and reach up with both hands and use a wide grip to grasp the lat pull bar.
2. While keeping your chest high and body stable, pull the bar down until it touches the middle of your chest.
3. Carefully straighten your arms back to the starting position. Repeat the exercise motion until the desired number of repetitions have been completed.
4. Do not jerk back while lifting, and do not round your back. Your chest should be held high in order to prevent this.

### **Variations**

Lat pull downs can be done with a narrow grip. There are also bars or handles that allow you to use a narrower grip in order to put more emphasis on the lower lat and center of the back if you squeeze your shoulder blades as the bar is touching your chest.

## **Section 5**

### **Exercises For Deltoid (Shoulder) Muscles**

## Dumbbell Lateral Raises



**Muscle of Emphasis:** Outer Shoulder (Deltoid)

### **Instructions:**

1. Grasp one dumbbell in each hand and start with your arms and dumbbells hanging down by your sides.
2. Raise each arm straight out to the side from the starting position until the dumbbells are at shoulder height. Palms should be facing down at the top of the movement.
3. Carefully lower your dumbbells and arms back to their starting position and repeat the exercise motion until the desired number of repetitions have been completed.

## Shoulder Press



**Emphasis:** Deltoid Muscles (of the Shoulders), Triceps, and Upper Back Muscles

### Exercise Instructions:

1. Use an overhand grip to grasp a barbell a little wider than shoulder width apart.
2. Sit down at the end of a bench with the barbell held just underneath your chin.
3. Push the barbell straight up until your arms are fully extended over your head.
4. Carefully, (avoid lowering the barbell down on your head) lower the barbell back into the starting position and repeat the lifting motion until the desired number of repetitions have been completed.

### Dumbbells

You can replace a barbell with two dumbbells and use the same lifting motion by lifting the dumbbells from your shoulders to an overhead position before returning to the starting position with dumbbells at your shoulders.

## Upright Rows



**Muscle of Emphasis:** Outer Shoulder (Deltoid) and Traps

### Exercise Instructions

1. Use an overhand grip to grasp a barbell with your hands spaced six to twelve inches apart.
2. Start in a standing position with your arms hanging down while grasping the barbell in front of your thighs.
3. Lift the barbell up to the bottom of your chest, allowing the barbell to come out a couple inches from your body while lifting. Keep your upper body still; do not bend your body at the waist and swing or jerk upward to lift the weight.
4. It is very important that you lead with your elbows moving upward. Keep your elbows above your hands at all times when lifting to the top position as shown in the picture.
5. Carefully lower the bar back to the starting position in front of your thighs.
6. Repeat the lifting motion for the desired number of repetitions.

## **Section 6**

### **Biceps Exercises**

## Barbell Curls



**Emphasis:** Bicep Muscles of the Arm

### **Exercise Instructions:**

1. Grasp a barbell with an underhand grip and allow your arms to hang straight down in front of you with the barbell just in front of the thighs.
2. Bend your arm at the elbow to lift the barbell up to your chest with your lower arm while keeping your upper arms stationary and in close to your sides.
3. Carefully lower the bar back to the starting position and repeat the exercise motion until the desired number of repetitions have been completed.

## **Section 7**

### **Triceps Exercises**



## Triceps Press Downs



### Muscles of Emphasis: Triceps

#### Instructions:

1. Stand facing a triceps extension machine and grasp the triceps handle with palms down and upper arms and elbows close to your sides.
2. The arms should be bent at a 90 degree angle with the upper arms perpendicular to the ground and forearms parallel to the floor.
3. Press the triceps handles downward until your arms are straight down and the handle touches your thighs.
4. Carefully return the handle to the starting position and repeat the lift until the desired number of repetitions have been completed.

## **Section 8**

### **Abdominal Exercises**

## Planks



**Emphasis:** Abdominal Muscles of the mid-section

### **Instructions:**

1. Assume the position that is shown in the picture above.
2. Make sure your body forms a straight line from your head to your feet.
3. Make a deliberate effort to tighten your thighs along with your stomach (abdominal) muscles, lower back, and glute muscles of the behind.
4. Make sure to maintain a steady breathing pattern while holding the plank position for thirty seconds.
5. Increase the time you hold the plank position little by little until you can hold it for 60 seconds.

## Ab Crunches



**Emphasis:** Abdominal Muscles of the Stomach

### **Exercise Instructions:**

1. Use an exercise mat or a soft surface to lie down on your back.
2. Place your feet on the floor so that your knees bend upward at a 90 degree angle.
3. Cross your hands across the front of your chest.
4. You will flex your spine forward into a rounded position by using your abdominal muscles to lift your head and shoulder blades off of the floor.
5. Carefully return to the starting position and repeat the exercise for the desired number of repetitions.

### **Variations:**

There are numerous variations of abdominal crunches. Crunches can be done while twisting as you are raising up into a flexed positions so that you alternate raising up with one shoulder higher than the other. This variation will increase the training stress on the abdominal muscles on the side of the waist.

Another variation is the reverse crunch where the shoulders and upper back remain on the floor and the hips and lower back are lifted off of the floor by flexing your spine. This variation will put more stress on the lower abdominals.

**Section 9**  
**Calf Exercises**

## Standing Calf Raise



**Emphasis:** Calf muscles (gastrocnemius) of the lower leg

### Exercise Instructions

1. This exercise definitely works best with a standing calf raise machine and is initiated by positioning your shoulders under the shoulder pads of the calf raise machine while in a standing position.
2. Place the balls of your feet on the foot platform. Your midfoot and heels should be hanging off the back edge of the foot platform.
3. Let your heels descend as far as possible below the edge of the platform to lower yourself into the bottom position.
4. From the lowered position, raise up as high as possible onto the balls of your feet. Your heels should be much higher than the balls of your feet in the top position.
5. Carefully return to the bottom position.
6. Repeat this motion for the desired number of repetitions.

## Seated Calf Raises



**Emphasis:** Calf muscles (soleus) of the lower leg

### Exercise Instructions

1. Sit on the seat of a seated calf raise machine with your knees under the lifting bar, and the balls of your feet on the foot ledge, or foot platform.
2. Allow your heels to descend down as far as possible while the balls of your feet remain on the foot ledge.
3. Raise as high as possible onto the balls of your feet. Your heels should be raised significantly higher than the balls of your feet in the top position.
4. Carefully return to the bottom position where your heels are lowered as far as possible.
5. Repeat the lifting motion for the desired number of repetitions.

## 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

Converting The Marker Rep

Cluster Set Training

Density Responsive Lifters

Developing A Feel For Effective Workouts

Double Loading

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

Half-Set High Frequency

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

Loading For Hypertrophy

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

8 Sets x 8 Reps: The 3-3-2 Variation

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