



READING OUR PROGRAMMING

STRENGTH WORK

You'll see this work written as:

3/5 x 10. Rest 60s.

*This means 3 RAMP-UP SETS and 5 WORK SETS. This first number will always signify the number of sets to BUILD TO THE DESIRED WORK WEIGHT.

*This will be used for DYNAMIC EFFORT WORK as well. For Dynamic Work this may look like:

3/8 x 3 @60%, every 60s.

*Remember that FIRST number is always the number of ramp-up sets.

This ensures proper warm-up and volume.

MAX EFFORT WORK

You'll see this work written as:

5-4-3-2-1+. Rest 2:00

*This means build in weight starting with a set of 5,4,3,2,1,1,1,1,1.

1+ Simply means multiple singles - in this case typically 3-4 SINGLES ABOVE 85% OF 1RM.

1+ DOES NOT = AMRAP REPS

Sets should look something like:

5@50%, 4@60%, 3@70%, 2@80%, 1@85%, 1@90%, 1@95%, 1@101%

For a DEADLIFT or AN OLYMPIC LIFT the rep-scheme may look like:
3-3-2-2-1+

Again, 1+ = 3-4 sets of 1 strategically building to a 1RM.

If we are performing a MULTIPLE REP max the scheme may look like:
3-3-3-3-3. Rest 2:00

*It will be clearly be stated in the notes and under the variation in the programming what the intent is - 3RM or Heavy 3.

*This ensures proper ramp-up and volume. The goal with MAX EFFORT work is always to hit a 5lb PR. People should end on a high note and NOT get greedy.

SUPERSETS

This is indicated in our programming with 1a/1b. For example:

1a) DB Bench Press: 3/5 x 10. Rest 30s.

1b) 1-Arm DB Rows: 3/5 x 10 ea. Rest 30s.

This means complete 10 DB Bench Press, Rest 30 seconds, complete 10 1-Arm DB Rows rest 30s until ALL 5 WORK sets are complete.

ADDITIONAL NOTES

PLEASE WATCH ALL LINKED VIDEOS AND ALL VIDEOS POSTED TO THE FACEBOOK GROUP. THERE ARE ADDITIONAL DETAILS THAT ARE EASY TO MISS IF YOU'RE NOT LOOKING FOR THEM - THIS IS WHAT WILL MAKE THE DIFFERENCE.

RELEVANT ARTICLES

POSTED IN FACEBOOK GROUP. ALL ARTICLES ARE AVAILABLE [HERE](#).