

MAXIMUM LIFT BASED ON REPETITIONS use this as a guide of which weight to start with, however know that this will apply more to single joint exercises curls, leg extension/curls than compound exercises ie squats, deadlifts, leg press. Morales, Sobonyo et al 1996

<b>%1RM</b>	<b>REPS</b>	<b>100% 1RM</b>	<b>95% 2RM</b>	<b>90% 4RM</b>	<b>85% 6RM</b>	<b>80% 8RM</b>	<b>75% 10RM</b>
<b>100%</b>	<b>1RM</b>	<b>400</b>	<b>380</b>	<b>360</b>	<b>340</b>	<b>320</b>	<b>300</b>
<b>95%</b>	<b>2RM</b>	<b>395</b>	<b>375</b>	<b>355</b>	<b>335</b>	<b>315</b>	<b>295</b>
		<b>390</b>	<b>370</b>	<b>350</b>	<b>330</b>	<b>310</b>	<b>295</b>
<b>90%</b>	<b>3RM-4RM</b>	<b>385</b>	<b>365</b>	<b>345</b>	<b>325</b>	<b>310</b>	<b>290</b>
		<b>380</b>	<b>360</b>	<b>340</b>	<b>325</b>	<b>305</b>	<b>285</b>
<b>85%</b>	<b>5RM- 6RM</b>	<b>375</b>	<b>355</b>	<b>340</b>	<b>320</b>	<b>300</b>	<b>280</b>
		<b>370</b>	<b>350</b>	<b>335</b>	<b>315</b>	<b>295</b>	<b>280</b>
<b>80%</b>	<b>7RM- 8RM</b>	<b>365</b>	<b>345</b>	<b>330</b>	<b>310</b>	<b>290</b>	<b>275</b>
		<b>360</b>	<b>340</b>	<b>325</b>	<b>305</b>	<b>290</b>	<b>270</b>
<b>75%</b>	<b>10RM</b>	<b>355</b>	<b>335</b>	<b>320</b>	<b>300</b>	<b>285</b>	<b>265</b>
		<b>350</b>	<b>335</b>	<b>315</b>	<b>295</b>	<b>275</b>	

## **PROGRESSIVE OVERLOAD**

A large part of your success with losing bodyfat and retaining/gaining muscle is progressively overloading your workout week to week or every other week.

Studies show maintaining or gaining muscle during a fat loss program keeps your metabolism high and prevents body fat regain after a fat loss program. Recently, scientist found the loss of muscle during a fat loss program or when someone is sedentary drives hunger levels up and slows metabolism. The body increases hunger levels and slows its metabolism in order to regain lost muscle. This results in fat gain since fat accumulates faster than muscle when someone isn't resistance training or training without progressively overloading.

Another reason to progressively overload is important is because studies have shown your body will use bodyfat to repair and/or increase muscle size/maintain muscle.

### **PROGRESSIVE OVERLOAD METHODS:**

#### **• INCREASE WEIGHT USED FOR EXERCISES**

• Increase weight used in exercise week to week or every other week preferably compound exercises (exercises that uses two or more muscle groups at the same time. Example : front squats, squats, pull ups, chin ups, leg press, dumbbell chest press, military shoulder press, Arnold dumbbell shoulder press. Quick example: Squats : Week 1 200lb for 3 sets Week 2: 210 for 3 sets or Set 1:200 set 2: 210 set 3:200


#### **• SHORTEN REST TIME BETWEEN SETS**

• You are not always going to increase weight every week as you move away from being a newbie to intermediate or advanced. However, when you shorten rest time between sets but still use the same load (weight) you used the week prior, this means your power has increased. For example, you squat 200lbs for 3 sets resting 3 mins between sets. Next week if you squat 200lb for 3 sets resting 2mins 30 secs, your strength stayed the same, but your power increased!

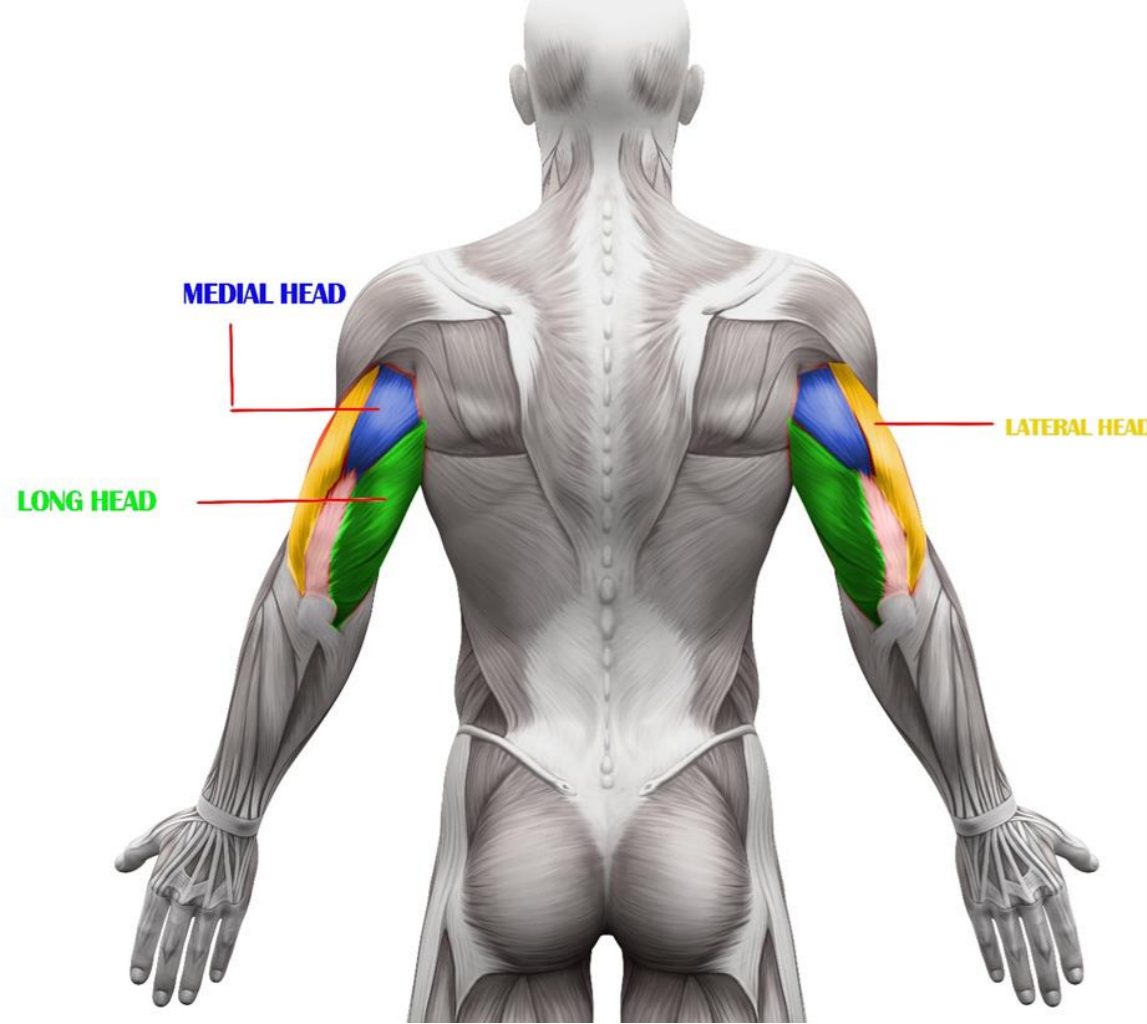
#### **• SHORTEN TIME FOR OVERALL WORKOUT**

• If it took 1hr 40mins to workout on leg day or back day and the following week the same leg or back day took less time to complete using the same weight as the previous week then your power has increased. If you used more weight then your strength and power increased. It doesn't count if you used less weight.

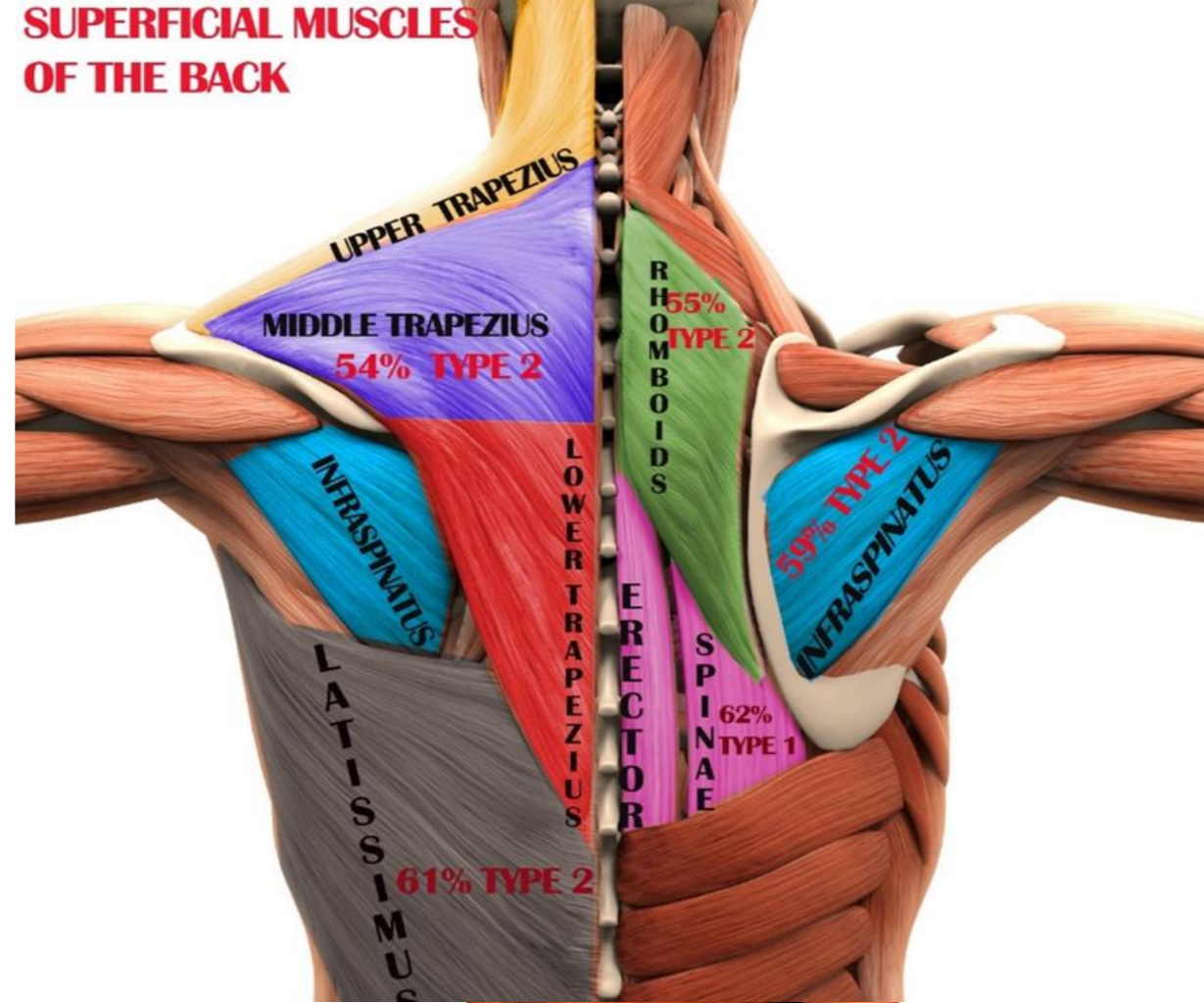
**• HOWEVER ALL OF THE PROGRESSIVE OVERLOAD IMPLEMENTATION MEANS NOTHING IF YOU DON'T USE THE CORRECT FORM TO ENSURE THE MUSCLE BEING WORKED IS ACTUALLY PROGRESSIVELY OVERLOADED!!! SO WATCH VIDEO DEMOS IF YOU CAN'T LIFT WITH PROPER FORM DON'T INCREASE WEIGHT! A LITTLE BODY ENGLISH (CHEATING) CAN BE USED IF ITS NEAR THE END OF A MOVEMENT AT THE LAST SET BUT NOT THE ENTIRE MOVEMENT OR THE ENTIRE EXERCISE MOVEMENT**

EXERCISES	MUSCLE EMPHASIS				
MOVEMENT TO BE DONE	<p>THIS COLOR IS MAIN MUSCLE WORKED THIS COLOR IS SECONDARY EMPHASIS</p>	<p>3 NUMBER OF TIMES YOU NEED TO DO THE REPS IN THE REPS COLUMN</p>	<p>12RM HOW HEAVY THE WEIGHT YOU SHOULD USE USE CHART AS A REFERENCE</p>	<p>NUMBER OR REPS YOU SHOULD DO</p>	<p>3 HOW MANY MINUTES YOU SHOULD REST BETWEEN SETS AND EXERCISES</p>
<p><b>NOTE ON LOAD (WEIGHT) PROGRESSION:</b> Increase weight only after reaching the end of the rep range two workouts in a row. For example look</p> <p><b>Start with a weight you can only do for 4 reps</b> </p> <p>So let's say you use 50lb and got 4 reps week 1 next week you got 5 reps with the same weight 3<sup>rd</sup> week if you get 6 reps or more, you will still use the same load/weight for the following week. If you get 6 reps or more you will then increase weight the following week.</p> <p>Or if in the same week you get 6 reps or more in 2 out of the 4 sets, you increase weight/load the following week.</p>		<p><b>4</b></p>	<p><b>85-90%</b></p>	<p><b>4-6</b></p>	

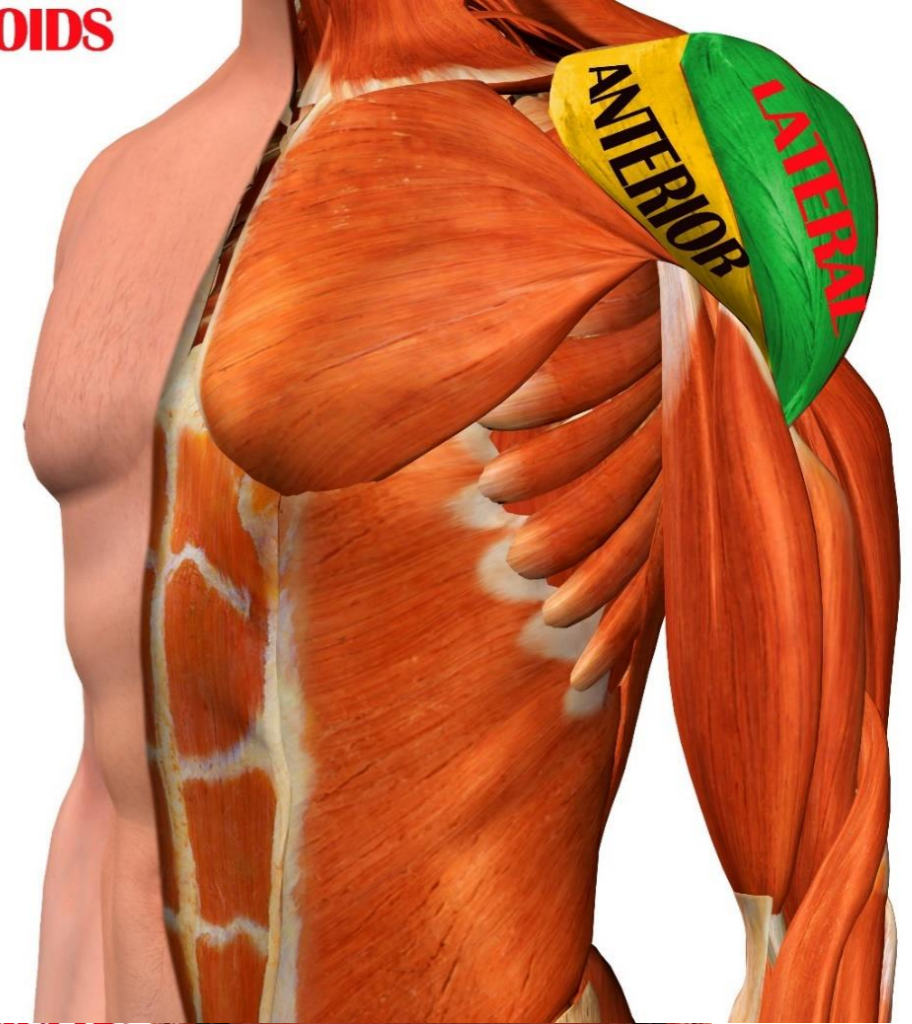
%1RM	REPS	100% 1RM	95% 2RM	90% 4RM	85% 6RM	80% 8RM	75% 10RM
100%	1RM	400	380	360	340	320	300
95%	2RM	395	375	355	335	315	295
		390	370	350	330	310	295
90%	3RM-4RM	385	365	345	325	310	290
		380	360	340	325	305	285
85%	5RM-6RM	375	355	340	320	300	280
		370	350	335	315	295	280
80%	7RM-8RM	365	345	330	310	290	275
		360	340	325	305	290	270
65%	15RM	355	335	320	300	285	265
60%	20RM	350	335	315	295	275	



**SUPERFICIAL MUSCLES OF THE BACK**



**DELTOIDS**



**BICEPS BRACHII (LONG HEAD, SHORT HEAD)**

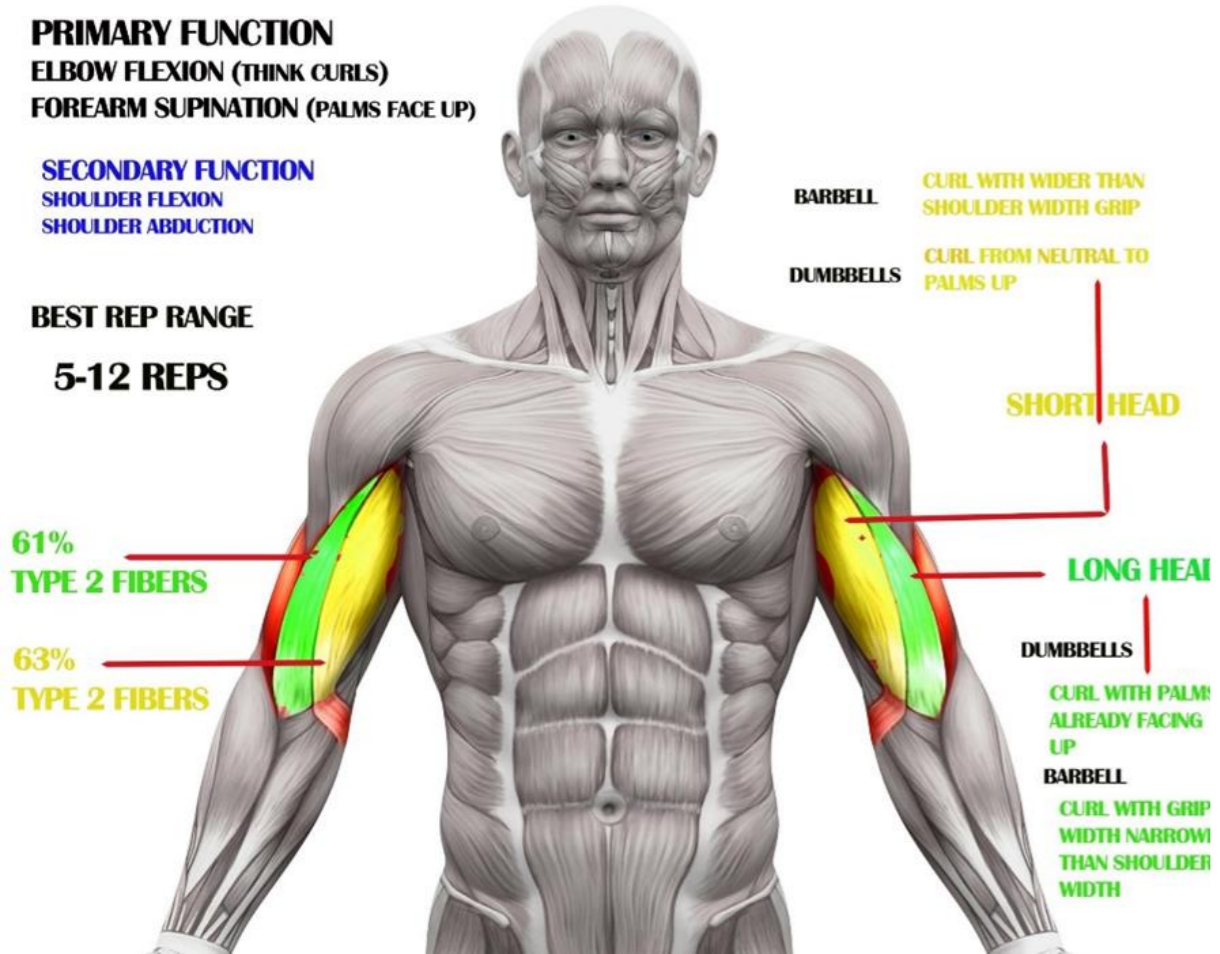
**PRIMARY FUNCTION**  
 ELBOW FLEXION (THINK CURLS)  
 FOREARM SUPINATION (PALMS FACE UP)

**SECONDARY FUNCTION**  
 SHOULDER FLEXION  
 SHOULDER ABDUCTION

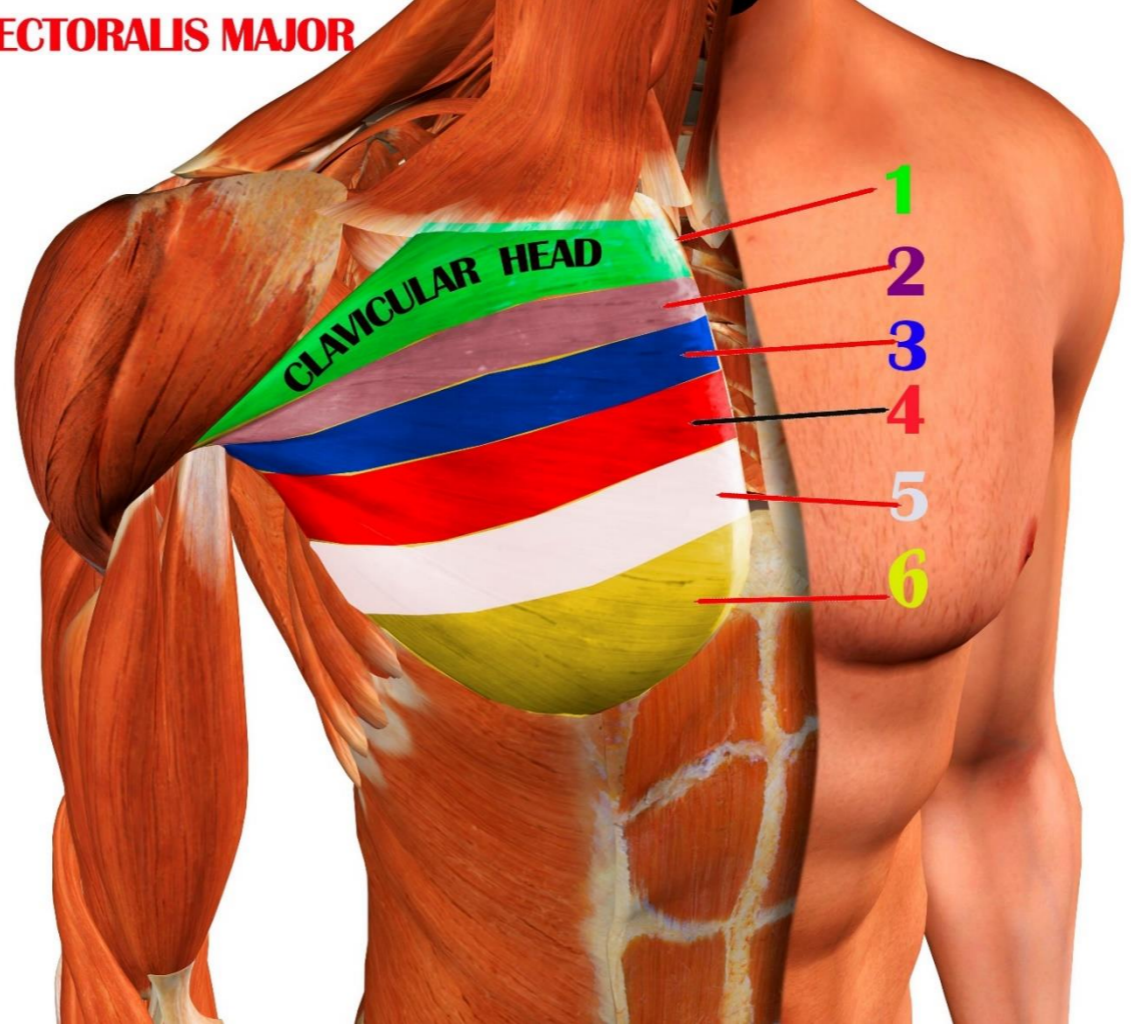
**BEST REP RANGE**  
 5-12 REPS

**61% TYPE 2 FIBERS**

**63% TYPE 2 FIBERS**



**PECTORALIS MAJOR**



**QUADRICEPS FEMORIS**

**TENSOR VASTUS INTERMEDIUS**  
 PROXIMALLY BETWEEN VASTUS LATERALIS & VASTUS INTERMEDIUS

**VASTUS LATERALIS**  
 42-64% TYPE II  
 LUNGES  
 SQUATS  
 STEP UPS  
 LEG EXTENSIONS  
 DEADLIFTS

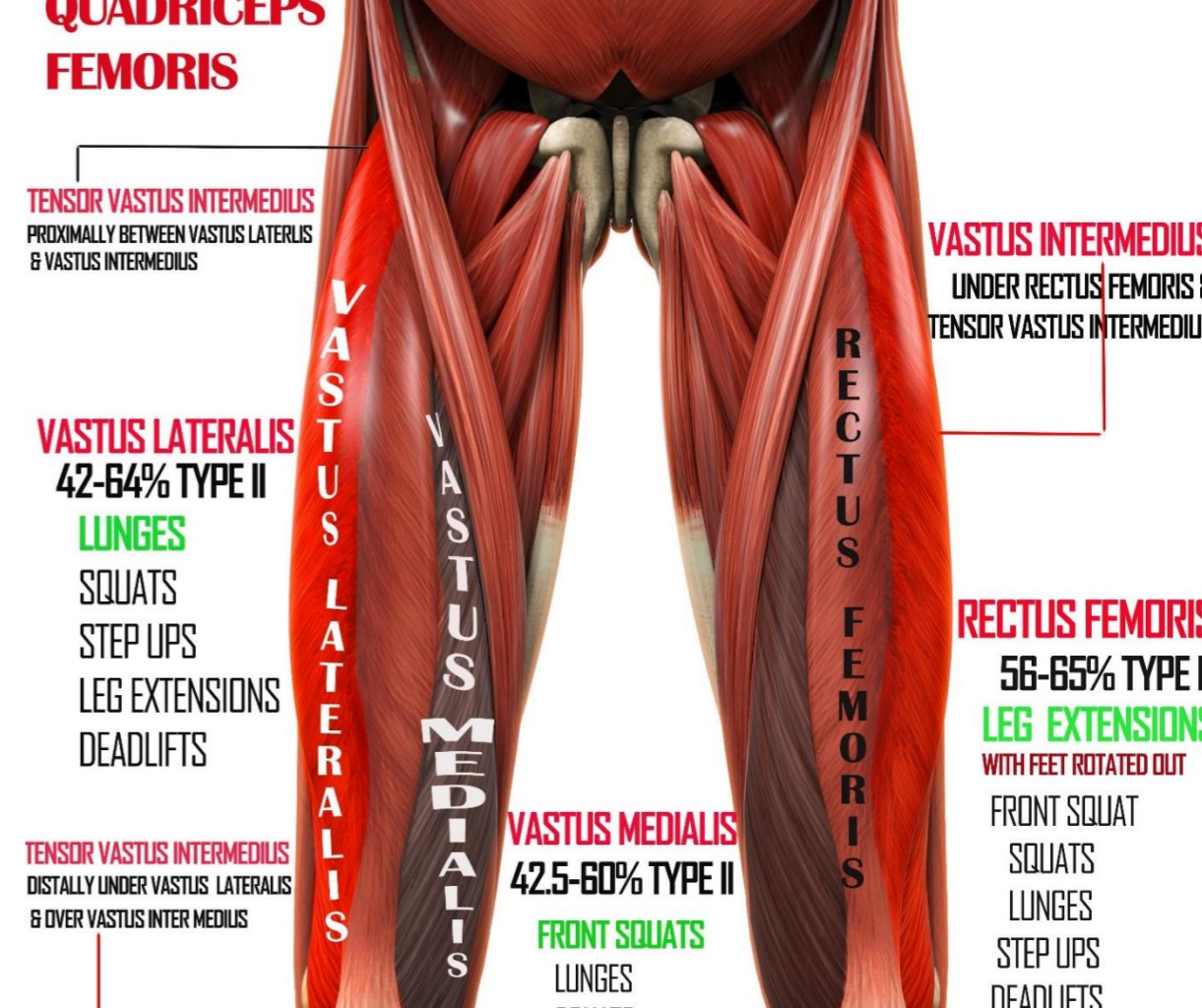
**TENSOR VASTUS INTERMEDIUS**  
 DISTALLY UNDER VASTUS LATERALIS & OVER VASTUS INTERMEDIUS

**VASTUS MEDIALIS**  
 42.5-60% TYPE II  
 FRONT SQUATS  
 LUNGES

**VASTUS INTERMEDIUS**  
 UNDER RECTUS FEMORIS & TENSOR VASTUS INTERMEDIUS

**RECTUS FEMORIS**  
 56-65% TYPE II  
 LEG EXTENSIONS  
 WITH FEET ROTATED OUT

FRONT SQUAT  
 SQUATS  
 LUNGES  
 STEP UPS  
 DEADLIFTS



						%1RM	REPS
EXERCISES	MUSCLE EMPHASIS/NOTES	SETS	%1RM	REPS	REST TIME	100%	1RM
GOOD MORNINGS	SEE VIDEO ON SITE	4-5	80%	7-8	2-3	95%	2RM
						90%	3RM-4RM
LANDMINE ROWS <b>PAIRED WITH</b> LANDMINE PRESSES <b>PAIRED WITH</b> WEIGHTED CHIN UPS	SEE VIDEO ON SITE	4	70%-75%	8-10	2-3	85%	5RM-6RM
	SEE VIDEO ON SITE	4	80%-85%	5-8		80%	7RM-8RM
	SEE VIDEO ON SITE	4	80-85%	5-7		75%	10RM
	SEE VIDEO ON SITE	4	70-80%	8-12		65%	15RM
CABLE FLYES <b>PAIRED WITH</b> CABLE REVERSE FLYES	WATCH VIDEO ON SITE	4	70%-80%	8-12	2-3	60%	20RM
	WATCH VIDEO ON SITE	4	75%-80%	7-10			
CABLE OVERHEAD EXTENSIONS	WATCH VIDEO ON SITE	4	75%-80%	7-10	1-2		
STANDING INCLINE BENCH CURLS WITH CAMBERED BAR	WATCH VIDEO ON SITE	4	75%-80%	7-10	1-2		