

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>
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<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

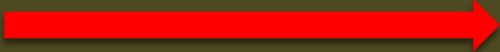
#### **SHORTEN REST TIME BETWEEN SETS**

- 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!

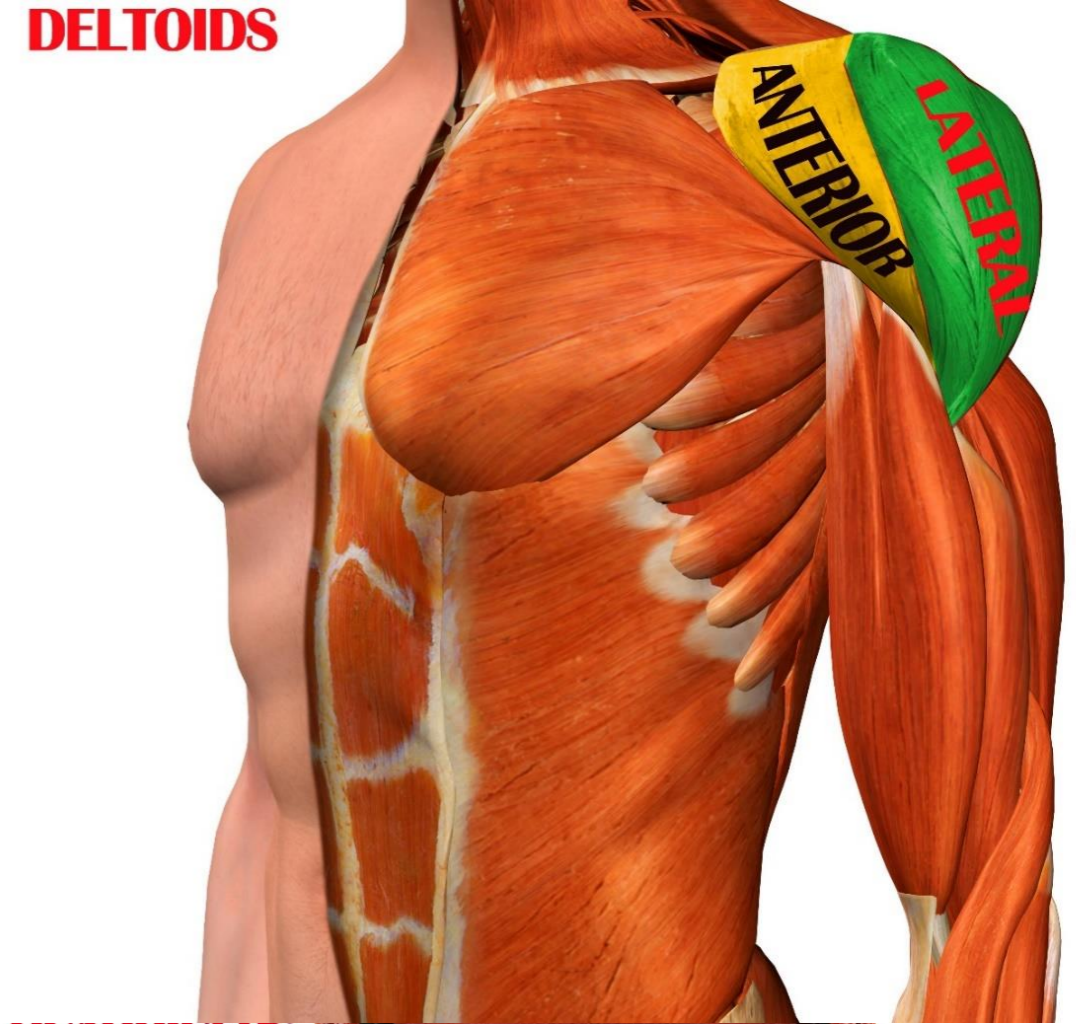
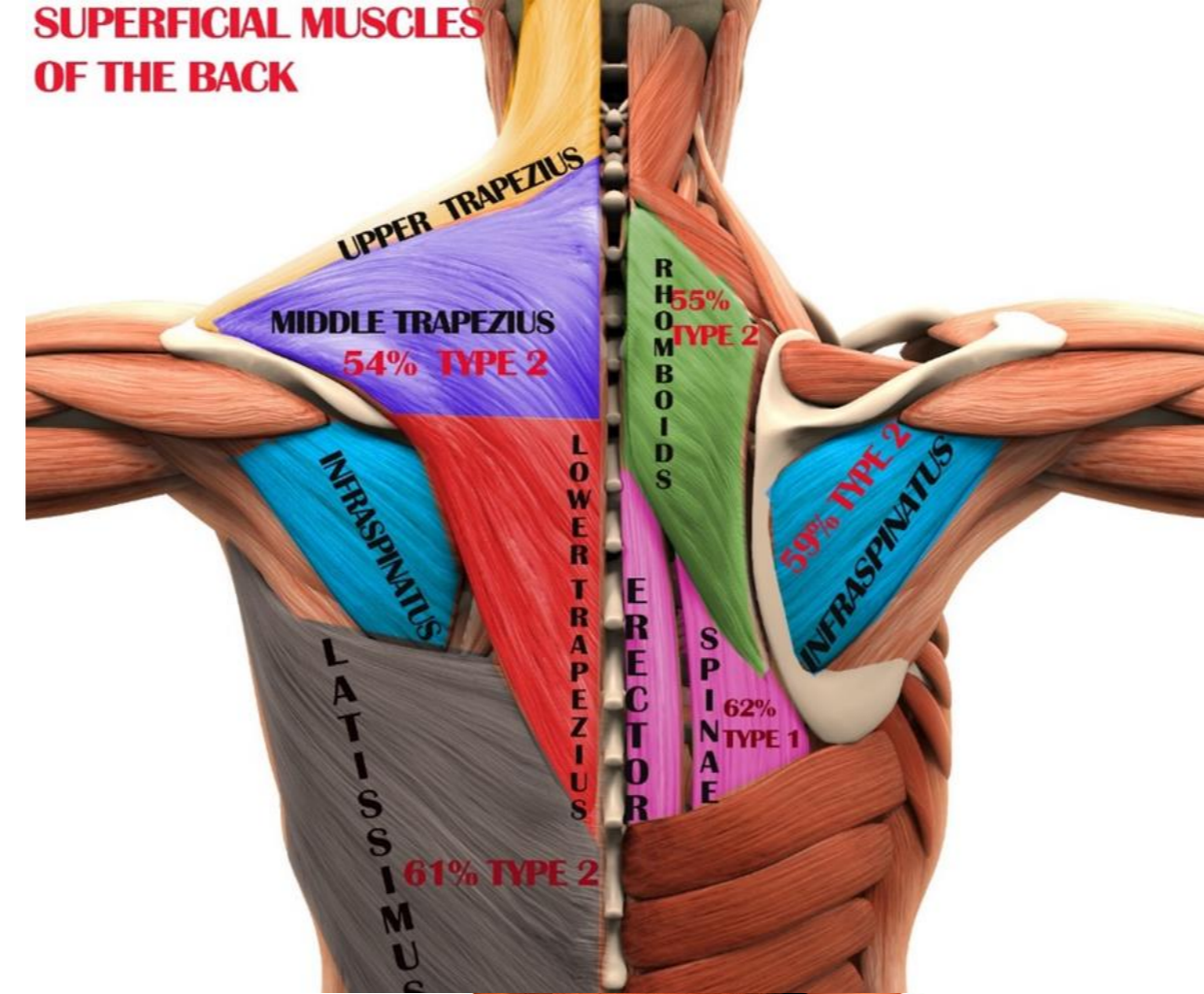
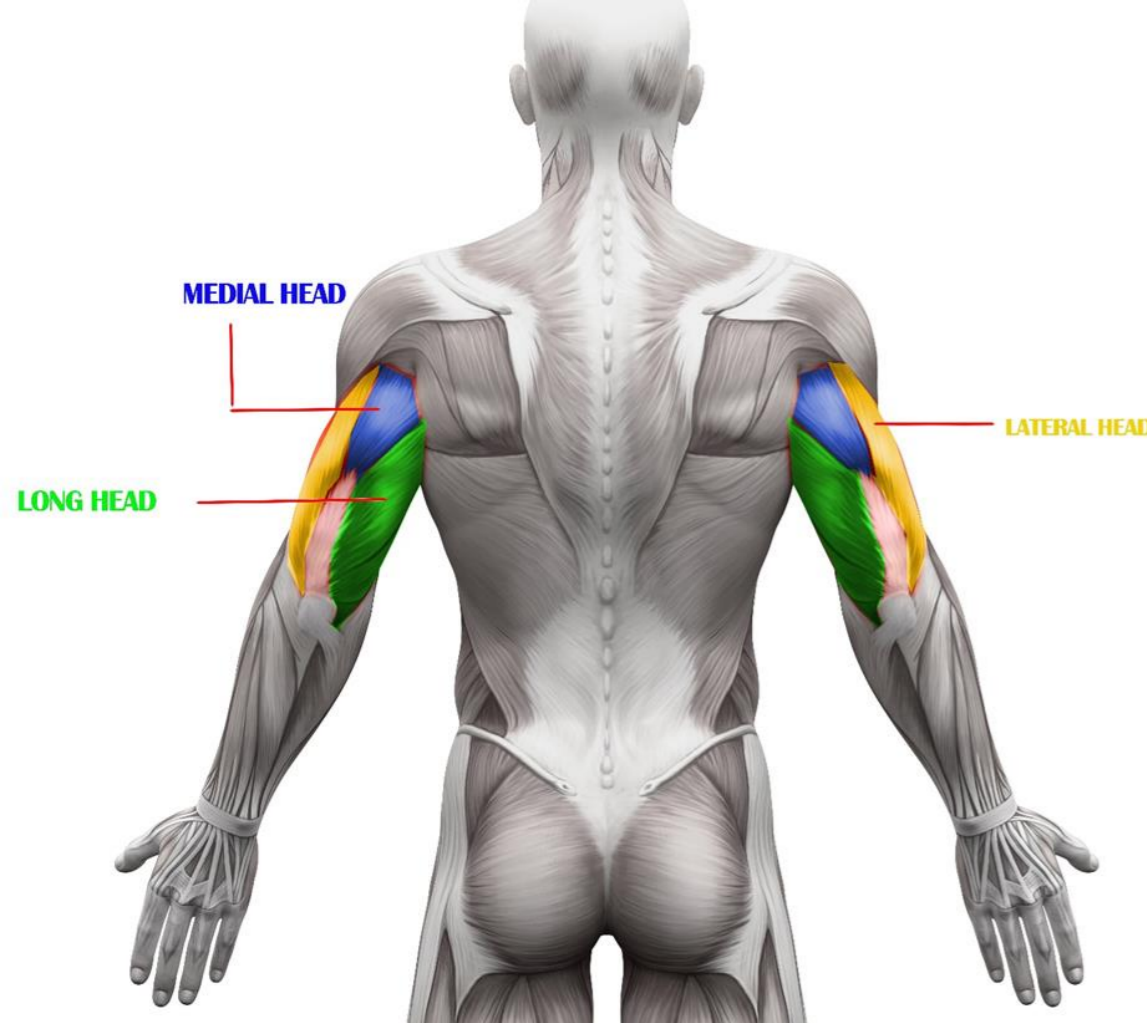
#### **SHORTEN TIME FOR OVERALL WORKOUT**

- 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 & NOTES	SETS	%1RM	REPS	REST TIME
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>	

<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>
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<b>65%</b>	<b>15RM</b>	<b>355</b>	<b>335</b>	<b>320</b>	<b>300</b>	<b>285</b>	<b>265</b>
<b>60%</b>	<b>20RM</b>	<b>350</b>	<b>335</b>	<b>315</b>	<b>295</b>	<b>275</b>	



**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**

**BARBELL**  
 CURL WITH WIDER THAN SHOULDER WIDTH GRIP

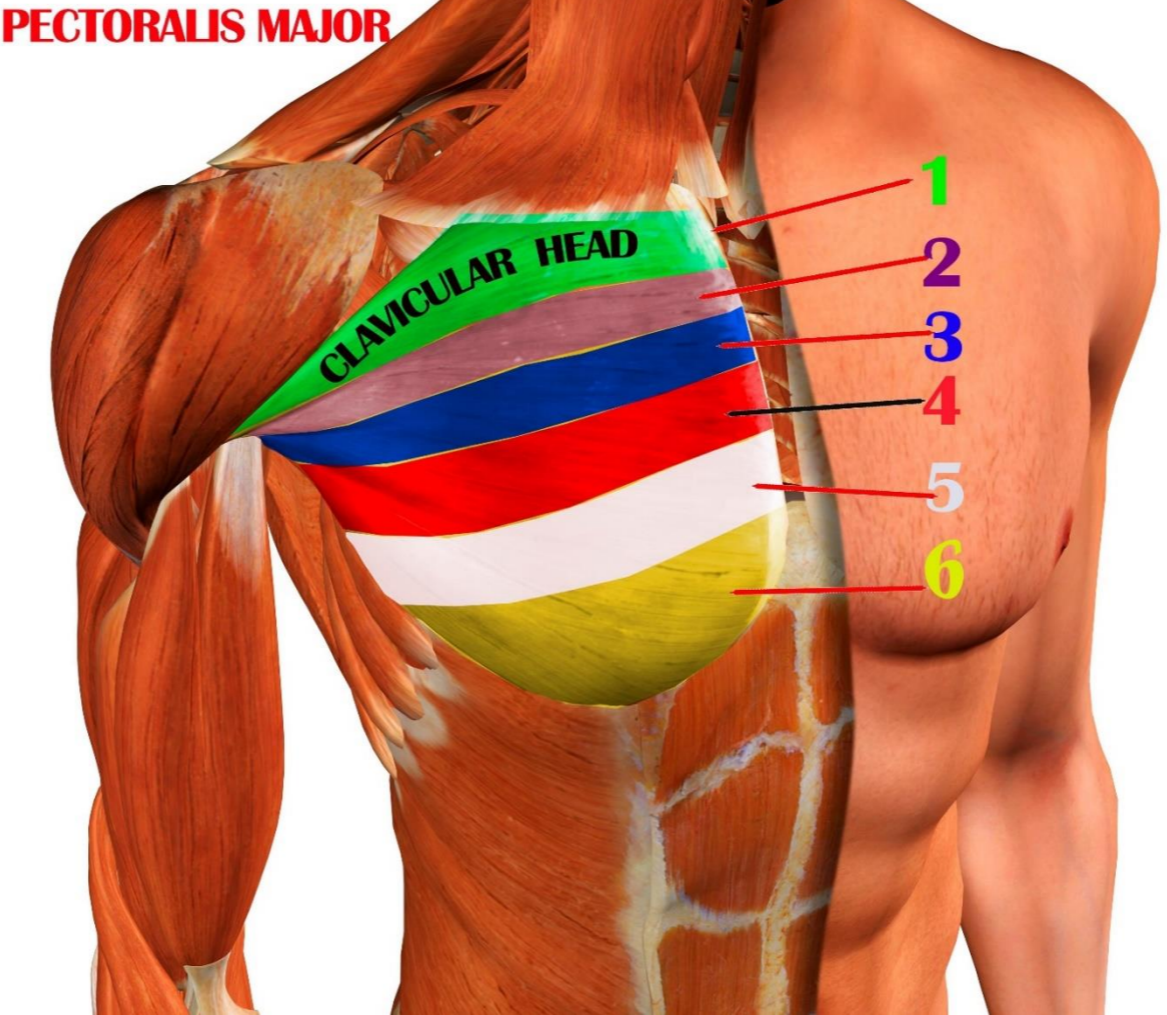
**DUMBBELLS**  
 CURL FROM NEUTRAL TO PALMS UP

**SHORT HEAD**

**LONG HEAD**

**DUMBBELLS**  
 CURL WITH PALM ALREADY FACING UP

**BARBELL**  
 CURL WITH GRIP WIDTH NARROWER THAN SHOULDER WIDTH



**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 LATERALIS**

**VASTUS MEDIALIS**

**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

**RECTUS FEMORIS**

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

EXERCISES	MUSCLE EMPHASIS/NOTES	SETS	%1RM	REPS	REST TIME	%1RM	REPS
<b>THRUSTERS WITH BARBELL (CAN USE DUMMBBELLS IF IT'S MORE CONVENIENT)</b>  <b>WEIGHTED PULL UPS (CAN USE KNEELING LAT PULL DOWN IF MORE CONVENIENT)</b>	SEE VIDEO ON SITE	4-5	80%-85%	<b>5-8</b>	3-4	100%	1RM
		4-5	80%-85%	<b>5-8</b>		95%	2RM
						90%	3RM-4RM
<b>HEX PRESS FLAT BENCH</b>	SEE VIDEO ON SITE	5	80%-85%	<b>5-8</b>	3	85%	5RM-6RM
<b>LOW ROWS STANDING CABLE MACHINE</b>  <b>LOW FACE PULLS STANDING CABLE MACHINE</b>	WATCH VIDEO ON SITE	4	75%-80%	<b>7-10</b>	2	80%	7RM-8RM
	WATCH VIDEO ON SITE	4	75%-85%	<b>8-10</b>		75%	10RM
<b>ISOLATERAL HAMMER CURLS (WITH ROPE)</b>  <b>OVER HEAD EXTENSIONS WITH ROPE</b>	WATCH VIDEO ON SITE	3-4	80%-85%	<b>5-8</b>	2	65%	15RM
	WATCH VIDEO ON SITE	3-4	80%-85%	<b>5-8</b>		60%	20RM