

EXERCISE EXECUTION GUIDE

How to Warm Up

- Before beginning a workout on a specific muscle, without using any weight, assess your available range of motion (AROM). Knowing this range will show you how far you should stretch, you may improve this range as you warm up but don't force it further than this by loading it with weight.
- Take as many warm up sets as you need before working sets. Build the connection the muscle and improve contraction so you have full feel for the muscle once you start. Also, if it is a new movement take your time to perfect it before building weight.

Tempo:

Each rep is to be performed at a specific tempo. This is designated by a 4 digit code such as 3-2-1-0.

- The first number (3) always refers to the eccentric motion of working muscle.
- The second number (2) refers to the paused in the stretched position
- The third number (1) refers to the speed of the concentric motion
- The fourth number (0) refers to a pause (squeeze) in the flexed position.

For a Lat pulldown a 3-2-1-0 rep would be pull the bar down (1 second), no pause, release the bar up (3 seconds), stretch at the top (2 seconds), repeat.

For a bench press a 3-2-1-0 rep would be lowering the bar to the chest (3 seconds), stretching the chest at the bottom (2 seconds), pressing up (1 second), no pause, the bar immediately comes back down.

If you see an X in the tempo this means you perform this portion of the rep as explosively as possible.

Workout Notes

- Tempo always follows the same sequence. For example a 4010 tempo would be, 4sec eccentric (lengthening) 0sec pause at the bottom, 1sec concentric (shortening of muscle) and 0 sec pause at the top.
- When exercises are listed A1, B1, etc, these are separate exercises. When A1,A2 is written, this represents a superset between two exercises and will generally be without rest.
- Remember to breathe, this is often overlooked. (inhale deeply through the nose on the eccentric, explosively exhale through the mouth while pushing through the concentric).
- Always aim to stick to the prescribed rest periods throughout as there is specific reason for each and every exercise, tempo, reps and order.
- Between each exercise, try aim to rest the same as stated during sets.