

RESISTANCE TRAINING METHODS

TRAINING METHOD	DESCRIPTION	BENEFITS
DESCENDING / ASCENDING / FULL PYRAMID	ASCENDING - REPS ↓ WEIGHT ↑ 3 SETS DESCENDING – REPS ↑ WEIGHT ↓ 3 SETS FULL – REPS ↑↓ WEIGHT ↑↓ 6 SETS	STRENGTH, ENDURANCE, HYPERTROPHY
SUPERSETS – AGONIST / ANTAGONIST PAIRINGS	THE SUPERSET SYSTEM INVOLVES PERFORMING 2 EXERCISES (AGONIST / ANTAGONIST) BACK-TO-BACK WITH LITTLE OR NO REST IN BETWEEN. REST ONCE BOTH EXERCISES HAVE BEEN COMPLETED.	ENDURANCE, HYPERTROPHY
PRE / POST EXHAUST	ISOLATION EXERCISE FOLLOWED BY COMPOUND (OR VICE-VERSA) WITH NO REST IN BETWEEN	HYPERTROPHY, STRENGTH
TRI-SETS	3 EXERCISES BACK-TO-BACK FOR THE SAME MUSCLE GROUP WITH NO REST IN BETWEEN	ENDURANCE, HYPERTROPHY & STRENGTH
GIANT SETS	4 EXERCISES BACK-TO-BACK FOR THE SAME MUSCLE GROUP WITH NO REST IN BETWEEN. REST ONCE THE FIRST CYCLE HAS BEEN COMPLETED.	ENDURANCE, HYPERTROPHY & STRENGTH
NEGATIVES	THE CLIENT PERFORMS THE ECCENTRIC PART OF THE MOVEMENT WITH THE PT HELPING ON THE CONCENTRIC PHASE	HYPERTROPHY & STRENGTH
FORCED REPETITIONS	THE CLIENT PERFORMS AS MANY REPS ON HIS / HER OWN AS THEY CAN UNTIL FAILURE IS REACHED. AT THIS POINT THE TRAINER PROVIDES A MINIMAL AMOUNT OF ASSISTANCE TO PERMIT THE PERFORMANCE OF A FEW MORE REPS	ENDURANCE, HYPERTROPHY & STRENGTH
MATRIX 21'S (7 REPS ONLY)	7 LOWER 1/2 MOVEMENT, 7 UPPER 1/2 MOVEMENT AND 7 FULL RANGE MOVEMENT	ENDURANCE, HYPERTROPHY
DROP SETS / STRIP SETS	ON THE LAST SET TO FAILURE THEN DROP THE WEIGHT AND GO TO FAILURE FOR 3 MORE SETS (TRIPLE DROP)	ENDURANCE, HYPERTROPHY & STRENGTH
MULTIPLE SET (BASIC / SINGLE)	FOR EXAMPLE, 3 SETS OF 10 REPS (3x10)	HYPERTROPHY
COMPLEX TRAINING POWER / PLYOMETRIC	COMPOUND EXERCISE INTO A POWER EXERCISE (FOR EXAMPLE, SET ONE - A BENCH PRESS INTO A SUPINE MEDICINE BALL THROW WITH 90 -120 SECONDS REST TIME BETWEEN) THEN 3-5 MINUTES REST BETWEEN EACH SET	STRENGTH, POWER
GVT (GERMAN VOLUME TRAINING)	USING 60% OF 1RM, PERFORM 10 SETS OF 10 REPS ON ONE COMPOUND EXERCISE WITH 60 SECOND REST BETWEEN EACH SET. FOLLOWED BY 3 SETS 10 REPS ON ONE ISOLATION EXERCISE FOR THE SAME MUSCLE GROUP.	HYPERTROPHY
EDT (ESCALATING DENSITY TRAINING)	AGONIST / ANTAGONIST SUPERSET IS SELECTED AND IS PERFORMED BACK TO BACK WITH VIRTUALLY NO REST FOR A PRE-DETERMINED TIME PERIOD (USUALLY 15 MINUTES)	ENDURANCE, HYPERTROPHY
PHA (PERIPHERAL HEART ACTION)	SEQUENCES OF FIVE EXERCISES, SHUNTING THE BLOOD TO DIFFERENT PARTS OF THE BODY ONE FOR EACH BODY PART. FOR EXAMPLE: CIRCUIT 1 PUSH –PRESS UPS LEGS- SQUAT JUMPS PULL – CHINS ABS- PLANK 3 MINUTES ROWER 1 MINUTE REST AND REPEAT CIRCUIT 1, 2 MORE TIMES THEN MOVE ONTO CIRCUIT 2. CIRCUIT 2 PUSH – SHOULDER PRESS LEGS- LUNGES PULL – UPRIGHT ROW ABS – RUSSIAN TWISTS 3 MINUTES TREADMILL	ENDURANCE