

EXERCISE PRESCRIPTION






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LOAD MAGNITUDE

↑ LOAD
will more effectively
↑ STRENGTH

REPETITIONS AND SETS

2-3 SETS
8-12 SETS
↳ sets are more effective!

TIME UNDER TENSION

VELOCITY
slow-moderate!

ADVANCE TO INTERMEDIATE
AS YOU CAN

ADVANCED OR EXPERIENCED
ONLY!

REST IN BETWEEN
SETS
2-3 MIN

5-10 MIN REST & 10
SETS MAY ALLOW
↓ LOADS

UNTRAINED
INDIVIDUALS
START AT 0.2 SEC

↑ TENSION TIME
↑↑ STRENGTH GAINS




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