



Rep Schemes

Rep Schemes

- ▶ Linear??? *It's never perfectly linear*
- ▶ Ascending & Descending
 - ▶ Rep Count
 - ▶ Tempo
 - ▶ RPE/RIR
 - ▶ Load/Intensity

Choosing what changes and what stays the same

- ▶ Fixing any single variable creates a constraint on what can be done with others.
 - ▶ If you want the reps to stay the same, you have to choose how you want to accomplish that.
 - ▶ Does the load drop across a sets?
 - ▶ Does the RIR decrease across sets?
 - ▶ Are you descending tempo or ROM to account for the performance loss across sets?
- ▶ Variables can get tied together as you start choosing directionality.
 - ▶ If you use a descending rep method, you can't lighten the loads at the same time.

Choosing what changes and what stays the same

- ▶ Are there set specific goals?
- ▶ What's the cumulative goal of the sets?
 - ▶ Average intensity, RIR, degree of failure, range of intensity, coordination.
- ▶ What constraints are there.
 - ▶ Intensity limitations, set number etc

Why Ascend or Descend Rep Count

- ▶ Ascending

- ▶ Requires drops in load, or ascending in RPE or both
- ▶ Cover a larger intensity range, but perform the highest intensity sets in the freshest state
- ▶ Decrease absolute loading

- ▶ Descending

- ▶ Maintenance or increases in load across sets. RPE is usually backloaded
Work up to higher intensities, but potentially minimize the maximum loading.
- ▶ Increase prep before performing higher intensity sets
- ▶ Achieve more overall volume without having to drop reps

Why Ascend or Descend Tempo or ROM

- ▶ Alternative to using rep count.
- ▶ Can allow for progression in rep speed as the nervous system is more prepared
- ▶ Can allow for volume to be extended at the strongest ranges of motion so the stimulus is not limited by failure in the weak point of the exercise.
- ▶ Can be a way to bias more lengthened volume.

Why Ascend or Descend RPE/RIR

- ▶ Ascending

- ▶ Allows for greater performance across higher volumes
- ▶ Evens out the stimulus across sets
- ▶ Allows you to train to technical failure at less absolute loading

- ▶ Descending

- ▶ You hate being big and strong

- ▶ Maintaining

- ▶ Will emphasize the earlier sets.
- ▶ Performance diminishes faster making it less feasible for higher volumes.

Why Ascend or Descend Intensity

- ▶ Ascending

- ▶ Allows for more preparation for higher intensities
- ▶ Puts a ceiling on absolute loading
- ▶ Can serve as a weight and RIR management strategy for clients that have a tendency to overdue the early sets.

- ▶ Descending

- ▶ Allows for greater peak intensity, absolute load in the early sets
- ▶ Cover a greater intensity range
- ▶ Decrease the absolute loads as fatigue accumulates
 - ▶ Can make some exercise “less risky” when fatigued.

Ascending Load Vs Descending Rep

- Ascending Load
 - Linear Rep Count
 - Ascending RPE
- Descending Rep
 - Usually Greater Increases in load for a larger intensity range
 - RPE can be more linear but likely still ascends a bit
 - Can be seen as a progression to greater intensity ranges for hypertrophy
- Average intensity comes down to the variables for each
- Both methods can be poorly executed by not following the RPE/RIR prescription for the early sets

German Volume Training - 10 set method

- Linear Rep Count
- Linear Intensity
- Ascending RPE
- Goals
 - Earlier sets are at a lower RPE, allowing for repeated load/rep performances over large volumes.
 - Allows for high volumes of the same movement pattern. This is great for dialing in movement patterns when frequency is not an option.
 - Despite not fitting many popular science variables like higher frequency, the sheer volume is what makes it effective and it has a lot of evidence of being effective.
 - Typically done as antagonist supersets to make it more time efficient

German Volume Training - 10 set method

▶Pros

- ▶Simple, effective
- ▶Can be done with limited equipment
- ▶Easy to monitor and progress

▶Cons

- ▶Can be boring, might get called out for camping
- ▶Limits frequency
- ▶Can take a long time
- ▶Doesn't allow for much diversity of stimulus

German Volume Training - 10 set method

- ▶ Modifications

- ▶ Use more exercises in the circuit to increase work:rest and be more time efficient
- ▶ Bro GVT - Split volume to 5+5 of two exercise.
- ▶ Advanced GVT - Higher intensity rep ranges
- ▶ You can combine any of the above as well.

German Volume Training

- ▶ 10x10,
 - ▶ 10x10 A1 & A2 + 3x12-15 B1 & B2
- ▶ Bro Method
 - ▶ 5-6x10 A1 & A2 + 5-6x10 B1 & B2
- ▶ AGVT
 - ▶ 10x3-5 A1 & A2 + 3x10-12 B1 & B2
- ▶ High Efficiency GVT
 - ▶ 10x10 A1-A3/4 + 3x12-15 B1-B3/4
 - ▶ Bro 5-6x10 A1-A4
 - ▶ AGVT 10x3-5 A1-A3/4 + 3x10-12 B1-B3/4

HepBurn Method

- ▶ Higher Intensity than AGVT
 - ▶ 10 sets of 1-3, then 3 sets of 3-5
- ▶ Modified Hepburn Method
 - ▶ 8 sets of 3-5, then 3-5 sets of 8-10

Hep Burn Method

- ▶ Goal
 - ▶ High volumes at higher intensities with some “moderate” intensity volume added.
- ▶ Everything that applies to GVT applies here as well.

Contrast Training

- ▶ In sport for “power/speed”
 - ▶ High intensity resistance exercise, followed by a dynamic movement like a plyometric, or jump
- ▶ For Strength and Hypertrophy
 - ▶ A very high intensity set, followed by a moderate intensity set with the idea that the high intensity set will lead to increased motor recruitment in the moderate intensity compared to baseline
- ▶ Because the goal is to use potentiation, the difference in intensities and the rest between is key to getting a successful outcome. If these variables are not chosen properly, the effect is null.
- ▶ Some of the effect may be sensory or psychological as well.

Contrast Training

- ▶ 1,6 method
- ▶ 2,6 method
- ▶ 4,8-10 method
- ▶ 6,12 method
 - ▶ Higher reps likely will not benefit from this approach.

Variable selection for contrast training

- ▶ Choose an intensity range that suits the goal
- ▶ For more strength focus, you will focus more on full recover between.
 - ▶ Often times you will repeat the same exercise, or at most two very very similar exercises
- ▶ For hypertrophy goals you have more flexibility with rest intervals.
 - ▶ You also can get away with a larger difference between exercises if you choose to do different exercises.

Wave Loading

- ▶ Repeating cycles of Descending reps, typically done in 3 set waves for 2-3 rounds, 6-9 sets total.
 - ▶ 3,2,1,3,2,1,3,2,1
 - ▶ 7,5,3,7,5,3
 - ▶ 12,10,8,12,10,8

Wave Loading

- ▶ Goal

- ▶ Take the benefits of descending rep method, and combine it with a potentiation effect of contrast training.
- ▶ The idea is that the higher intensity set at the end of the first wave, primes greater motor recruitment for the second wave.

Cluster sets

- ▶ Mini sets to make up a whole set
- ▶ Strength style
 - ▶ Perform the same number of reps, but use intra set rest to decrease the RPE.
- ▶ Hypertrophy style
 - ▶ Use mini rest to get a higher rep count at a given intensity

Strength Cluster sets

- ▶ 6 Rep max
 - ▶ 2 reps, 15 sec rest x 2 more
 - ▶ So instead of hitting 0RIR on the 6th rep, you should be at 1-2 RIR. This can help maintain technique, rep speed, and allow for more volume at a given intensity.

Hypertrophy Cluster sets

- ▶ 6 Rep max
 - ▶ 3 reps, 20 sec rest x 2 more
 - ▶ Getting 9 reps instead of 6 with your 6 rep max?
- ▶ How is this different than Rest Pause?
 - ▶ Typically done with symmetrical mini sets
 - ▶ You are not reaching failure until the end.
 - ▶ The goal is volume at a given intensity with an RPE ascending across the mini sets, vs rest pause where you are hitting close or near failure on the first set.

Reviewing some basic principles

- ▶ A greater intensity range may have benefits from regional stimulus, practicality and safety benefits, but you can't have a high average intensity and also a large intensity range.
- ▶ A lot of higher session set volume approaches are designed to maximize the coordination of specific movements. When this is not part of the goals, these may not be the most efficient ways to get in weekly volume. That being said, they may be more practical for some people.

Reviewing some basic principles

- ▶ Extended sets can be looked as micro rep schemes, and traditional rep schemes as the macro.
- ▶ Extended sets can allow you to cover a larger intensity range or more volume in fewer total sets. So you can shrink a rep scheme by combining it with extended set methods.