

What is your GOAL in the weight room?

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MUSCULAR POWER

POWER = the ability to move a resistance quickly

- If you want to **run faster, jump higher, or throw harder**, focus on increasing muscular power.
- Workouts consist of long rest periods with low repetitions, and maximal velocity.
- Examples include: Olympic lifts (clean, jerk, snatch), medicine balls, and plyometrics.



HYPERTROPHY

HYPERTROPHY = the increase of the cross sectional area of a muscle.

- If you want to **get bigger or tone up**, have a goal of muscular hypertrophy.
- Workouts consist of lifting a somewhat high resistance with moderate rest periods while performing multiple sets.
- A full range of motion will increase the results of a hypertrophy workout.

Training Goal	Load (%1RM)	Goal Repetitions	Sets	Rest Period
Muscular Endurance	≤ 67	≥ 12	2-3	≤ 30 seconds
Hypertrophy	67-85	6-12	3-6	30-90 seconds
Muscular Strength	≥ 85	≤ 6	2-6	2-5 minutes
Power*	≥ 0-85*	≤ 5	2-6	2-5 minutes

How to use the Chart:

- Reps or Repetitions = one performance of a single exercise
- Set = repetitions performed without stopping
- 1RM = the maximal amount of weight you can lift for one repetition
- Rest Period = time in between sets

*Different lifts can be used to maximize power. Olympic lifts are done at a high %RM while plyometrics and medicine ball throws are done at a very low %RM but done at maximal velocities. (0% 1RM = body weight)

MUSCULAR STRENGTH

STRENGTH = the ability to lift a maximal load.

- If you want to **get stronger**, design a program around muscular strength.
- Workouts consist of low repetitions with a long rest period, and heavy weight.
- Multi-joint movements should be included which involve large muscle groups. Examples include: squat, bench press, bent over row, and deadlift.



MUSCULAR ENDURANCE

ENDURANCE = the ability to perform at a submaximal level for many repetitions or for an extended duration.

- If you want to **improve stamina**, focus on muscular endurance.
- A workout to improve muscular endurance consists of very high repetitions with very low rest periods, using light weight.