

TRAINING CHEAT SHEET

- Rep = 1 repetition of an exercise.
- Set = a sequence of consecutive reps.
- E.g., 3 x 8 = 3 sets of 8 reps.
- Rest = the amount of time you rest between sets.
- Tempo = The speed at which you complete a rep. It is shown as a 4-number sequence e.g. 3111.
- The first number = how many seconds to LOWER the weight.
- The second number = How many seconds you hold the weight at the BOTTOM of the rep.
- The third number = How many seconds it should take to LIFT the weight.
- The fourth number = How many seconds to HOLD the weight at the TOP of the rep.

AMRAP = As Many Reps As Possible.

EMOM = Every Minute On the Minute (an exercise you'll do at the start of every minute)

RFT = Rounds For Time (how many rounds of a circuit you can complete in as quick a time as possible)

Form - Executing an exercise following the proper technique. This reduces risk of injury and increases the speed of progress/results.

As you fatigue, your form will break down, this is normal. When you can no longer complete the set with good form, this is called TECHNICAL FAILURE, when you reach this, stop the set. Continuing with poor form increases the likelihood of injury.

Intensity - This is the MOST IMPORTANT element of training, and your body WILL NOT change unless you give it a reason.

Your rep target is a guide, you're aiming for it. If you have selected a weight where you can get to it and you could complete lots more reps, it is TOO LIGHT - you must increase the weight.

If you fall short of your rep target by more than 2 reps, the weight is TOO HEAVY, reduce it on the next set.

You are aiming to complete all the sets with the same weight with the energy/strength left to complete 2 more reps, this is called Reps In Reserve.

When you have completed all the sets at the same weight, it's time to increase the weight to the next increment (the next pin on a cable stack / next dumbbell up / adding more weight to the barbell).

Progress in the gym can look like any of the following:

- Lift more weight
- Do more reps
- Control the tempo better
- Have better form throughout the set

You are aiming to do one of these on EVERY REP in EVERY SET for the FULL SESSION.

This is the ONLY way to see results.