

|             | REPS  | SETS | %1RM   | REST        |                  |
|-------------|-------|------|--------|-------------|------------------|
| POWER       | 1-2   | 6    | 95-100 | 5MIN        | GENERAL STRENGTH |
| STRENGTH    | 2-3   | 5    | 90-95  | 4-5MIN      |                  |
| HYPERTROPHY | 3-5   | 5    | 85-90  | 3-4MIN      |                  |
|             | 5-6   | 4    | 80-85  | 2-3MIN      |                  |
| ENDURANCE   | 6-8   | 4    | 75-80  | 2MIN        |                  |
|             | 8-10  | 3    | 70-75  | 90SEC -2MIN |                  |
| STABILITY   | 10-12 | 3    | 65-70  | 60-90 SECS  |                  |
|             | 12-15 | 3    | 60-65  | 60SECS      |                  |
|             | 15-18 | 2    | 55-60  | 45-60 SECS  |                  |
|             | 18-20 | 2    | 50-55  | 30-45 SECS  |                  |
|             | 20-25 | 1    | <50    | 0-30 SECS   |                  |

MAXIMUM STRENGTH