

	REPS	SETS	%1RM	REST	
STRENGTH	1-2	6	95-100	5MIN	GENERAL STRENGTH
HYPERTROPHY	2-3	5	90-95	4-5MIN	
	3-5	5	85-90	3-4MIN	
	5-6	4	80-85	2-3MIN	
	6-8	4	75-80	2MIN	
	8-10	3	70-75	90SEC -2MIN	
ENDURANCE	10-12	3	65-70	60-90 SECS	
STABILITY	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	