



REPEATERS

(INTERMITTENT HANGS)

FUNCTION	Endurance or strength endurance
GAIN	Structural
VOLUME	High
REQUIREMENTS	Weights + pulley system
HANG TIME	7 seconds, followed by a 3s rest
POPULARIZED BY	Dr. Michael Anderson, Mark Anderson
DESCRIPTION	<p>This protocol was developed to try to mimic climbing as closely as possible.</p> <p>For endurance, aim for a low intensity load. You should not get pumped at all.</p> <p>For strength endurance aim for a high intensity load. You should aim to get really pumped on the last set.</p> <p>Adjust the load accordingly. To help you find the correct load, you can do a testing session where you find the maximum load you can hang for 7 seconds.</p> <p>For endurance, aim for 40% of your max load.</p> <p>For power endurance, aim for 60 - 80% of your max load.</p> <p>Example: I weigh 70kg and can hang an extra 30kg for 7s.</p> <p>Total load = 100kg.</p> <p>40%: remove 30kg with pulley system 80%: add 10 kg with harness</p>