



Understanding the Training Layout

Most people are only familiar with doing *straight sets*, meaning, for a given exercise you perform all the sets, and reps, following the rest periods, one right after another. The top Exercise (*DB Shoulder Press*) **not** highlighted in blue, is an example of a straight set.

Supersets are going to be seen a lot in the programming. They are highlighted in blue to help you recognize them.

Supersets - Pairing 2 or more exercises and doing them back-to-back.

For example Block B consists of 2 exercises...

(Exercise 1) Prone Incline Cable Y Raise

(Exercise 2) Prone Incline Lateral Raise

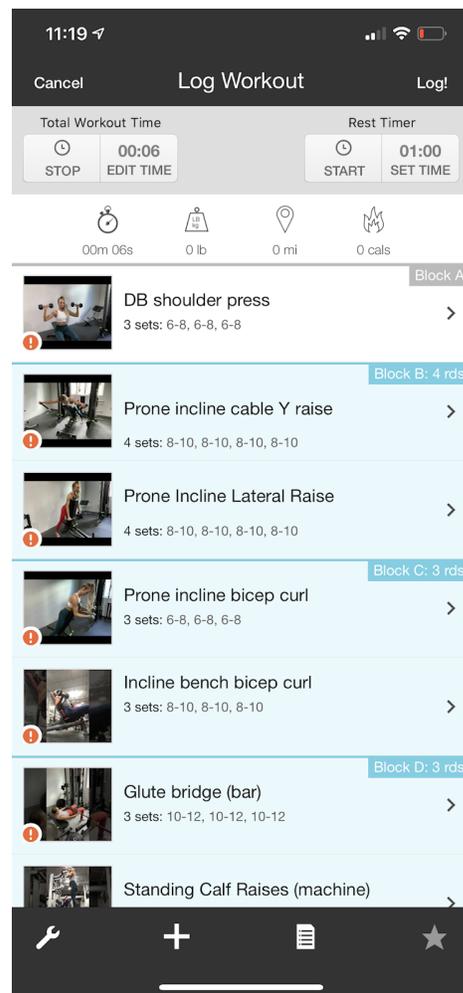
You will start with doing 1 set of the Exercise 1, then follow the rest period that will be indicated, if any, and then move to the first set of Exercise 2. When you have done 1 set of each then return to the first exercise and start over again.

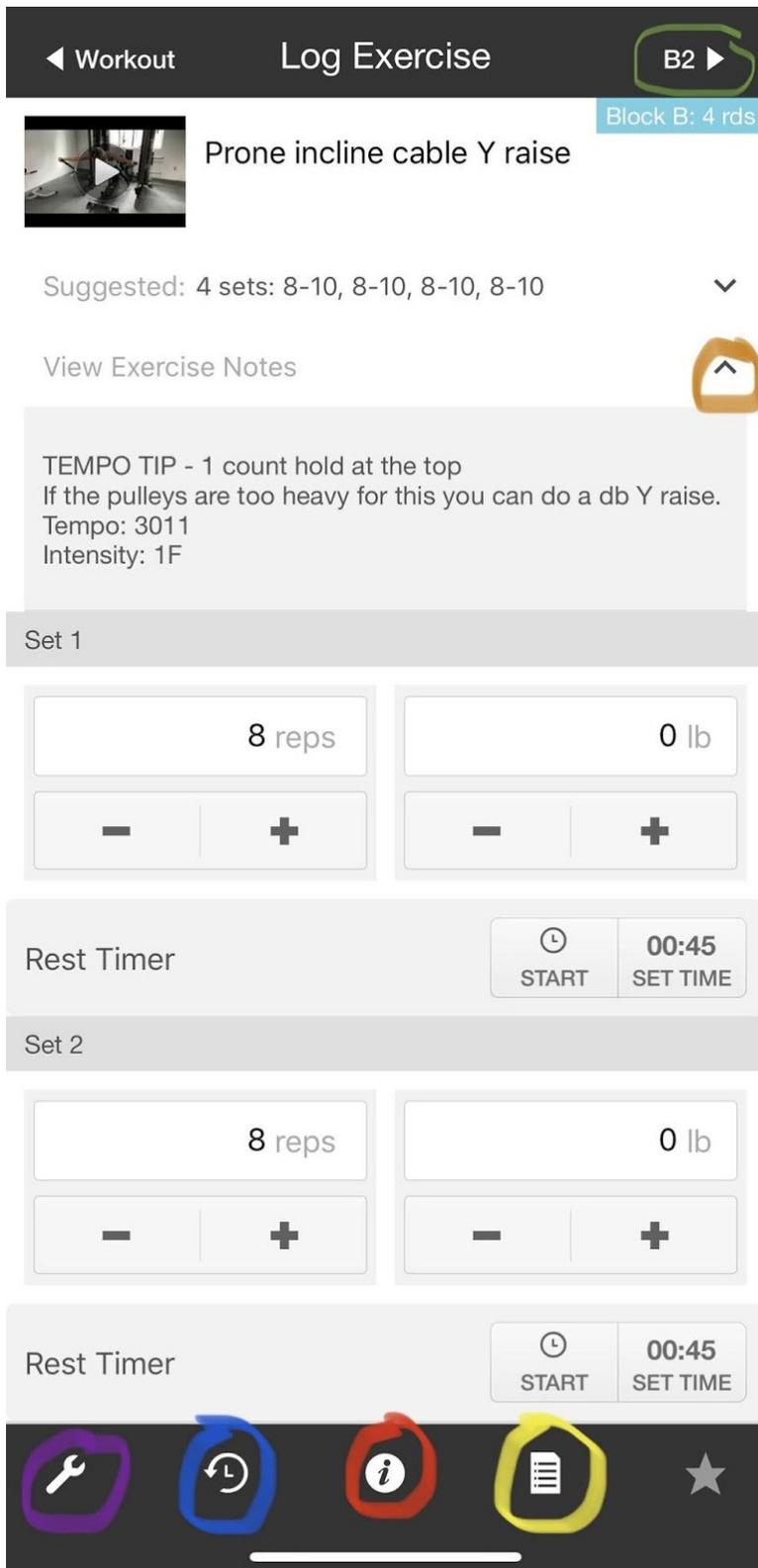
This example to the right only has groupings of 2 exercises. But there will be some programs that have blocks, or supersets, of 3 or more.

*Remember there typically are some rest periods between the exercises in a superset, so pay attention to those. You'll want to follow the rest periods.

When you start the program you'll be able to click and see a more in-depth image of each exercise. This is where you'll be able to see such things as

- Tempo
- Tempo Tips
- Intensity or indications of Failure (F)
- How many sets and reps
- Rest timer
- where you can track your progress





Legend

Allows you to click to the next exercise once you are done with a set. If you are doing a superset it will take you from one to the other.

This arrow allows you to open or close Exercise Notes. Exercise Notes has more in-depth information for each exercise. ALWAYS review the exercise notes. For those who are unfamiliar with tempo it will tell you the main focus, like holding for a 1 count at the top, etc.

Allows you to make alterations to the training if you wish (i don't suggest this)

Shows your history weights with the exercise

Allows you to see the demo video and any execution tips specific to the exercise

Exercise Notes - if you wanted to make any