

HOW TO PROPERLY PERFORM A STRENGTH TRAINING SET

- Use control during the concentric (raising), midpoint (pause), and eccentric (lowering) phases of each repetition. No bouncing, yanking, or jerking movements unless you are hankering for an injury.
- Work to the point of volitional muscle fatigue (VMF), safely. Why stop at an arbitrary number of reps, or when it becomes uncomfortable? It's supposed to be hard because you are attempting to overload muscle tissue to make it change. Grow a pair and do it.
- Whether you are using a low rep range or a high rep range – or an isometric hold for time - the last few reps/seconds are critical for the set to give you maximum results. Remember, you are attempting to recruit and overload the greatest number of muscle fibers to stimulate an adaptive response.
- If you think you are done, keep going until you cannot complete another rep **safely** (e.g., don't be an idiot and do a barbell bench press without a spotter). Keep pushing or pulling on the resistance, even if it cannot be moved. At that point, you are still working muscle fibers and maximizing your efforts.
- The end of a set is the safest part because the resistance is moving slowly and consequently creating a lesser risk for muscle-joint trauma.
- Remember, it's temporary discomfort (seconds) that will produce long-term results (consistent gains). You are committed to doing it, so finish the job.
- Completing sets in this manner creates an effective stimulus; thus, there is no need to do many sets in your workout. Efficient training saves gym time.