

1. Supersets

What is a superset? A superset is performed when two exercises are performed in a row without stopping. Usually opposing body parts such as Chest/Back, Biceps/Triceps, Quads/Ham's.....normally you would perform a set of one muscle group then straight on to the opposing muscle without rest, once you have completed the opposing sets you would increase the weight and perform the pair of exercises again until you reach failure.

2. Giant sets

What are giant sets? A giant set is a series of exercises performed back to back with little to no rest in between. Giant sets can be performed with all exercises targeting the same muscle group

Giant sets are comprised of a minimum of 3 exercise. The most prevalent number of exercises performed during a giant set is 4. Here are some typical giant set schemes for various body parts:

Bicep Giant Set. Barbell Bicep Curl, Preacher Bicep Curl, Hammer Dumbbell Curls, Cable Bicep Curls

Chest Giant Set. Barbell Bench Press, Dumbbell Flyes, Dumbbell Bench Press, Cable Crossovers

Front and Side Delt Giant Set. Seated Barbell Overhead Press, Side Laterals, Front Laterals, Upright Rows

Back and Chest Giant Set. Yates Rows, Bench Press, Pull-ups, Dumbbell Flyes

Quads and Hamstrings Giant Set. Squats, Romanian Deadlifts, Leg Extensions, Hamstring Curls

Because of the taxing nature of giant sets, some trainers work in slight rest periods in between exercises of a giant set. Rest periods of 10-30 second between sets are not uncommon.

3. Rest Pause

What is rest-pause? Rest Pause training is flat out brutal! It is a means to allow you, as an athlete to go past what you normally would have on a given set. You begin by reaching failure on an exercise. Once you have accomplished this, you will rest a few seconds and then continue the set with the same weight/resistance until you reach failure again. The key, however, is to rest as shortly as is possible. The exercise will dictate the form of rest pause you implement. For exercises like Chin-Ups, you can do your reps, let go of the bar, rest momentarily, and then attempt to force out some more. For biceps curls, you can allow the weight to hang in front of you, and for squats, you can actually rest pause, by simply standing and locking your legs.

4. Drop Sets

What are drop sets? Drop sets are used in your training to break through plateau's. For example you start with a Warm up set 15 reps fairly light, second set moderate weight, top 'working set' for decided target number of reps. Once you reach failure with your maximum number of reps that you can perform you remove e.g. 25% of the weight and immediately carry on performing reps, once you fail again repeat the process until you cannot perform any further reps.

5. Sustained Tension (Negatives)

What is Sustained tension (Negative or Eccentric Training) Negatives create more hypertrophy than positive or concentric movements, they also place less stress on joints, ligaments and tendons. This is due to the fact that normally slow speed negatives under control cannot be performed at the normal weight for a given exercise, it is usually only 75% for top 90 sec working set. It would work something like this:

Set 1 & Set 2: 4 x 15 Sec's negative (eccentric) reps, Set 3: 6 x 15 sec's negative (eccentric) reps, this gives maximum 90 sec's under tension after which returns begin to diminish