Strength Training Methods

The following methods each aim to change the function or form of muscles while accommodating different ability levels and strength training goals. A training program formula has been designed for each method specific to Go Series based on the four common components of strength training. Each of these methods can be performed by individuals training alone or with a Personal Trainer.

Four common components (ingredients) of strength training methods:

1) Repetitions (Reps) = how many times you do each movement, this can range from once (i.e. one rep), all the way up to 100 reps.

2) Resistance = the amount of weight being lifted. The usual way of deciding how much weight to train with is first to know a person's maximum ability for each exercise (known as 1 rep max/1RM), then to use a specific % of that maximum, (e.g. maximum lifted on the Shoulder Press for one repetition = 40kg, if a program calls for 75% of 1RM then 30kg would be used).

3) Sets = a set can be a single exercise, a combination of 2-6 exercises performed one after another or all 10 exercises in a program. Defining them as a set means that the set of exercises will be repeated for a specified number of times.

4) Recovery = the amount of time between each individual exercise or set.

Strength method - **Muscle Tone, Strength Endurance**

This develops the ability to overcome muscular fatigue and maintain a consistent level of muscle force for extended periods of time. Mild muscle soreness is normal after this type of activity.

TRAINING PROGRAM FORMULA	
Resistance:	Approximately 40-70% of 1RM (one rep max)
Reps:	10-100 (medium speed)
Sets:	2-3+ (one set is equal to completing the list of exercises once)
Recovery	30-60 seconds between each set

TRAINING PROGRAM EXERCISE SEQUENCE	
1 - Chest Press	6 – Leg Press
2 – Biceps Curl	7 – Shoulder Press
3 – Leg Extension	8 – Abdominal
4 – Seated Row	9 – Lat Pulldown
5 – Seated Triceps Press	10 – Seated Leg Curl

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GO SERIES

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STRENGTH TRAINING PROTOCOLS

Strength method - **Maximum Strength**

This method optimizes muscle strength by creating maximal muscle tension against an external resistance/force. It will progressively improve One Rep Max (1RM). This type of training will likely cause post exercise muscle soreness, while moderately unpleasant it is an indicator of the effectiveness of the exercise.

TRAINING PROGRAM FORMULA	
Resistance:	90-100% of 1RM (one rep max)
Reps:	1-4 (slow-to-medium speed)
Sets:	3-4+ (one set is equal to completing each exercise 3-4 times)
Recovery	1 minute between each set

TRAINING PROGRAM EXERCISE SEQUENCE	
1 - Chest Press	6 – Seated Leg Curl
2 – Leg Extension	7 – Lat Pulldown
3 – Seated Row	8 – Seated Triceps Press
4 – Abdominal	9 – Biceps Curl
5 – Shoulder Press	10 – Leg Press

Strength method - **Super Sets**

This method is a time efficient way of fatiguing large and small muscles to trigger strength gains and enhance the cosmetic appearance of muscles. An isolation move (single or small muscle group) is performed, and followed immediately by a compound move (large muscle group) which includes the muscle previously used in the isolation movement. This type of training is the one that will most likely create the quickest noticeable change in feel and function of muscles. Some post exercise muscle soreness is likely and indicates the intensity is correct.

TRAINING PROGRAM FORMULA	
Resistance:	70-80% of 1RM (one rep max)
Reps:	12-15
Sets:	1-2 per pair of exercises (one set is equal to completing each pair of exercises)
Recovery	30-60 seconds between each set of Isolation and Compound, transition time only between pairs

TRAINING PROGRAM EXERCISE SEQUENCE	
1 - Biceps Curl	1 – Lat Pulldown
2 – Leg Extension	2 – Leg Press
3 – Seated Triceps Press	3 – Shoulder Press
4 – Biceps Curl	4 – Seated Row
5 – Seated Leg Curl	5 – Leg Press

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Workout Program Template

MACHINE	RESISTANCE	REPETITIONS	SETS	RECOVERY

Notes
BEFORE WORKOUT: Remember to warm up with mobility and mild cardio
AFTER WORKOUT: This is the ideal time to stretch muscles and mobilize

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