

WEIGHT TRAINING FOR FITNESS AND SPORT

WEIGHT TRAINING WORKOUT BENEFITS ASSOCIATED WITH REPETITIONS & LOADS.

Adapted from: Explosive Lifting for Sports. Newton, H. 2002 Human Kinetics.

TRAINING GOALS	INTENSITY	REPETITIONS	SETS	% 1RM	SUB TOTAL	TEMPO	EXERCISES / MUSCLE GRP.	REST BETWEEN SETS
ENDURANCE	X	17	2	40 - 60	34 reps.	2111 (5secs)	3	30 – 60secs
HYPERTROPHY	X+Y	10	3	75 - 85	30 reps.	3121 (7secs)	2	60 – 240secs
STRENGTH	X+Y+Z	5	5	85 - 95	25 reps.	4122 (9secs)	1	300+secs

Max reps	RM	1	2	3	4	5	6	7	8	9	10	12	15
	% 1-RM	100	95	93	90	87	85	83	80	77	75	67	65