

- TRAINING FREQUENCY: Three to four sessions per week.
- EXERCISES PER WORKOUT: Three to five.
- EXERCISE SELECTION: An emphasis on multi-joint, multi-muscle exercises such as squats, dead lifts, various types of presses, pull-ups, dips, etc.
- SETS AND REPS: Between three to six sets of four to 12 repetitions per set.
- REST BETWEEN SETS: Variable, but usually between one to three minutes.
- DURATION OF WORKOUT: 45 to 75 minutes (not including cardio)
- INTENSITY OF EFFORT: Sets are taken to somewhat momentary muscular failure, never to complete failure (if you are unclear about this concept, see Alex).
- PROGRESSION: Look for small but constant increases in load and/or intensity from week to week. Large, sudden jumps in intensity are a recipe for injury and/or burnout!

