

STRENGTH CYCLE | 10 Rep Protocol

About | This is a short, 4 week training cycle. Training with heavier weights and higher rep ranges like 10-rep sets can stimulate muscle growth (hypertrophy). The increased time under tension and metabolic stress from lifting heavier loads for multiple repetitions can lead to muscle fiber recruitment and growth, contributing to greater overall muscle size and strength, as well as challenging the neuromuscular system and stimulates adaptations in muscle fibers, motor units, and coordination, leading to improvements in overall strength.

Cycle Dates | October 14th, 2024 - November 8th, 2024

Lifts:

Cycle A | Strict Press, Deadlift, Back Squat

Cycle B | Bench Press, Sumo Deadlift, Front Squat

Typical Days:

Monday | Strict Press / Bench Press

Wednesday | Deadlift / Sumo Deadlift

Friday | Back Squat / Front Squat

Format:

Week 1 | Set of 10 primer week | Explore and establish a load for the following week | Typical loading will be around 50%-60% of 1RM

Week 2 | Set of 10 test week | Use week 1 findings to perform a true 10 rep max

*Complete for Cycle A lifts then shift to Cycle B lifts.

In a Class:

Including warm-up and building sets, provide 12:00 in your class timeline for the completion of the 10 rep lifts.