



## **Higher Power Training Programs Sheet Interpretation**

1. The **order** column refers to the sequencing of the exercises. Exercises may be listed as a group or individually. If the exercises are to be done in a group format, then there will be a letter followed by a number.
  - Example: A1, A2, A3 means three exercises are done back to back.
    - Complete A1, rest for the prescribed time
    - Complete A2, rest for the prescribed time
    - Complete A3, rest for the prescribed time
    - Go back through A1, A2, A3 for the prescribed number of sets
2. The 2nd column names the **exercises, settings, and notes**.
3. Interpretations of exercise name abbreviations or positions:
  - db= dumbbell
  - bb= barbell
  - cb= cable
  - kb= kettlebell
  - lp= low pulley position
  - hp= high pulley position
  - mp= mid-pulley position
  - sb= swiss ball or stability ball
  - uni= unilateral (one side or limb at a time)
  - SL- single leg
  - SA- single arm
  - st= standing
  - std= seated
  - ext= external
  - int= internal
  - rtn= rotation
  - sh= shoulder
  - rdl= romanian dead lift
  - prone= on stomach
  - supine= lying on back
  - FT=functional trainer high low cable machine
  - Dbl- double (this is referring to a drop set. In this case, do a set for the indicated reps, then drop the weight and do one more set for the same reps). Basically, two sets in a row.
  - Trpl- triple drop (this is referring to a drop set. In this case, do a set for the indicated reps, then drop the weight and do another set for the same reps, drop the weight one more time and then do for a last set of the indicated reps. Basically three sets in a row.
    - Note on drop sets. How much weight do I drop:
      - On leg press- one plate or 45 pounds per drop
      - On selectorized machines: drop 2 plates
      - On multi-joint upper body: 20-30 pounds

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- 1 ¼ reps: 1 ¼ reps are full range of motion + an additional quarter rep. For example on a barbell bench press, lower the weight to the chest, go up a 1/4 , than back to the chest, than all the way up. That's 1 ¼. Some movements have quarters at the top, some at the bottom.
  - For presses, squats, and lunges: do the quarter at the bottom. For curls (upper and lower body), rows, pull-ups, and pulldowns: do the quarter at the top of the range.
  
- 4. The 3<sup>rd</sup> column lists the rep pattern when the reps are meant to change set-to-set. Example would be 554433. This means the first set is 5, second set is 5, third set is 4, 4<sup>th</sup> set is 4, 5<sup>th</sup> set is 3, second set is 3. Another example is 32,1-2,2. First set is 3, second set is 2, third set is 1 to 2 reps, fourth set is 2 reps. The rep pattern may also include some notes about the set as well.
  
- 5. The 4<sup>th</sup> column lists the **workout number**. Usually, the optimal number of times to complete a workout is 6.
  
- 6. The 5<sup>th</sup> column is the number of **sets** to be completed.
  
- 7. The 6<sup>th</sup> and 7<sup>th</sup> column is the number of **reps**. Reps are usually given within a range. Ideally, pick a weight that allows you to complete only that rep range, not more, not less.
  
- 8. The 8<sup>th</sup> column **Load** is simply the weight prescribed. Ideally, pick a weight that allows you to complete only that rep range, not more, not less.
  - Example, if the rep range is 11-12, pick a weight that allows you to perform 12 reps, not 13 or more.
  - However, sometimes, the proper resistance increments are not there to allow you to hit 11-12. Maybe the weight options are a weight you can complete 7-8 times or 13-15. Then go ahead and pick a weight that creates fatigue closest to the prescribed rep range.
  
- 9. The 9<sup>th</sup> column refers to **tempo** which is the speed of movement. The first number is the eccentric or the lowering number. The second number is the pause, (usually in a position of poor leverage), and the third number is the concentric or lifting up of the weight. The lowering (eccentric portion) is always slower than the lifting (concentric). Typically at least two times or more slower.
  - In order to determine which part of the movement is the eccentric or concentric, refer to the weight being lifted (the weight could be the body, free weight, or selectorized weight)
  - Example: on a seated leg curl, when your legs are moving down, the weight is moving up. So you would lower the weight slowly (legs moving up) and lift the weight quickly (legs moving down). In a squat, as you lower your body, this is the eccentric (or slow portion) of the lift.
  
- 10. The 10<sup>th</sup> column is the time to **rest** between groups or sets.
  
- 11. The 11<sup>th</sup> **uni or bi** column is for design purposes. Ignore this column.
  
- 12. The 12<sup>th</sup> column is the **uni rest** simply refers to rest between single leg/single arm movements.



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13. Record the date in the date row.
14. Record the weight in the weight row.
15. Record the reps in the rep row.
16. Record any notes in the notes section under each set and rep column.
17. If there are specific mobility flexibility exercises, you will find these at the bottom of the sheet.