



# Training Terminology

Term	Definition
Reps	The amount of times one raises/lowers, pushes/pulls or moves a load.
Sets	The number of times one performs a rep scheme.
Tempo	The speed in seconds desired for each rep broken into 4 segments (le: 4-0-1-0)
1	<b>Eccentric:</b> This is the first number (4) in a tempo indicating the time spent lengthening a muscle within a single rep. Also known as the negative portion of a rep. (le: A dumbbell descending on a bicep curl)
2	<b>Pause following Eccentric:</b> This is indicated as the second number (0) or the pause following the lengthening of a muscle. (le: the bottom extreme of a dumbbell bicep curl where the elbow is fully extended and the bicep is fully lengthened)
3	<b>Concentric:</b> This is represented by the third number (1) indicating the shortening of a muscle within a single rep. Also known as the positive portion of a rep (le: Raising the dumbbell during a bicep curl)
4	<b>Pause following Concentric:</b> This is indicated as the 4th and final number (0) or the pause following the complete shortening of a muscle. (le: the top extreme of a dumbbell bicep curl where the elbow is fully flexed and the bicep is fully shortened)
AMAP	As Many Reps As Possible
Isometric Holds	An <b>isometric hold</b> is represented as a pause(s) within a rep where the load or resistance comes to a complete stop. There is no change in muscle length. (le: Pausing when the elbow is at 90 degrees during a Bicep Curl)
Strip Set	A strip set is best performed on equipment that is pin loaded. On the last set after performing the prescribed number of reps (le :10), the weight will be dropped by one pin where one will continue the set. A single pin will be dropped after each drop until no pins are left. <b>NOTE:</b> 2-5 reps is normal for each drop, if performing more reps consider starting at a higher initial load.
Drop Set	A drop set consists of 1 set that involves 4 drops in load that can be performed on pin loaded, plated loaded machines or even using dumbbells. On the last set, one will perform the prescribed number of reps (le:10) followed by one drop of approximately 20%-30% in load aiming for 4-8 reps. This will be repeated until a total of 4 drops have been executed.
Drop Set with Loaded Stretch	Perform a drop set, but in between drops, a loaded stretch will occur for 20-30 seconds where the muscle is in a lengthened position.
Partial Reps	Following the end of a set, continue the set by performing <b>CONTROLLED</b> partial reps in a range that can be executed as well as beginning reps.
HSC Set	An HSC set is 4 separate sets that are to be executed in the form of a drop set. HSC sets utilize the 3 main principles of hypertrophy being mechanical tension, metabolic stress and cell hyperemia. These sets are to be initiated and terminated by an isometric contraction of a specific muscle in a shortened position.
Set 1	Begin set with an isometric contraction in muscles shortest position for 10 seconds contracting as hard as physically possible. Immediately following the isometric, perform 6 explosive reps at 50% less load than initial working weight.
Set 2	Increase load back to working weight, and perform 4-6 reps adhering to set tempo. Following these reps perform a 20 second loaded stretch in the muscles lengthened position.
Set 3	Drop Load by ~ 10-20% and complete 4-6 more reps adhering to set tempo. Perform another 20 second loaded stretch in the muscles lengthened position.
Set 4	Drop Load by ~ 10-20% completing AMAP. Finish with another isometric contraction for 10 seconds in muscles shortest position.
1 1/2 Reps	Perform one full rep followed by a half rep in either the lengthened or shortened end of the range for a given muscle. (le: For a dumbbell bicep curl, lower the dumbbell until elbow is extended, then raise the dumbbell until the elbow is at 90 degrees. Proceed by lowering the dumbbell to the extended position again and then finish by raising the dumbbell to the fully flexed position.) This would represent 1 rep biasing the lengthened position of the biceps.