

DETERMINING TRAINING WORKLOADS: METHOD 1

CLIENTS THAT ARE STARTING OUT

A simple method that can be used with people STARTING OUT is shown below.

Baechle/Groves (1992)	
Reps completed	Adjustment (in pounds)
<7	- 15
8-9	- 10
10-11	- 5
12-15	0
16-17	+5
18-19	+10
>20	+15

Example:

If your client can bench press 105 lbs for 6 reps and overhead press 75 lbs for 8 reps, then his/her starting weight would be:

Bench Press: 90 lbs

Overhead Press: 65 lbs

IMPORTANT!

Let your client lift the weight until he/she wishes to stop, do not coax them to go beyond what feels comfortable. Always choose conservatively (lighter vs heavier).

TESTING PROCEDURE FOR DETERMINING STARTING WORKLOAD (OPTIONAL)

Steps:

1. Choose a weight you feel your client is capable of completing 12-15 reps with.
2. Perform a 10 rep warm-up with wt. 50 – 75% of the test weight; take 2 minutes rest (have client perform a warm-up on another unrelated exercise while waiting)
3. Perform the test with the test weight (the wt. you think he/she is able to lift 12x)
4. Use the chart above to determine whether this is a good starting weight; add or subtract the weight according to your client's performance.

TURN OVER

METHOD 2

FOR CLIENTS WHO HAVE BEEN TRAINING CONSISTENTLY FOR A MINIMUM OF 4-6 WEEKS & APPEAR READY FOR A MORE INTENSE WORKLOAD TESTING METHOD.

Intensity/ Repetition Chart (Poliquin, 1986)			
Strength	Strength/Hypertr.	Hypertrophy	Endurance
1 rep = 100%	6 rep = 83%	9 rep = 76%	13 reps = 69%
2 = 95%	7 = 80%	10 = 75%	14 = 68%
3 = 90%	8 = 78%	11 = 72%	15 = 66%
4 = 88%		12 = 70%	16 = 65%
5 = 85%			17 = 64%
			18 = 63%
			19 = 62%
			20 = 60%

***Benefit: more accurate than method number 1.**
*the higher the repetitions the less accurate the %

How to use this chart

This chart is to be used to determine whether a client is working within his/her training zone. **MOMENTARY MUSCLE FATIGUE IS THE KEY TO THIS CHART**, when a competent client fatigues while lifting a weight (using a spotter), note the number of repetitions performed, then use the chart to find out what % of his/her 1 repetition maximum (1RM) this weight is. This will tell you whether he/she is in his/her correct training zone and whether it is time to increase or decrease the workload.

Example:

If your client's goal is to put on size (hypertrophy) and after testing she leg pressed 200 lbs for 16 reps, using the chart above, you would learn that this weight is 65% of her 1(RM). You would also realize that the workload is too light for her goal and needs to be increased. The weight must be increased to an intensity that causes her fatigue between 8-12 reps.

IMPORTANT!

It is not considered safe to test any client's strength capacity using a 1 RM test; instead it is recommended that the instructor perform a 10RM to 12 RM test.

Do not test a new client's strength capacity, until he/she is ready. This "readiness" is different for each client and is determined by the client's mastery of technique. In most cases, a new sedentary client will not be ready to be tested (to fatigue) until 4-6 weeks of consistent training have been completed.

TESTING PROCEDURE FOR DETERMINING WORKLOADS (OPTIONAL)

1. Use a weight you & your client feel he/she is capable of completing 10-12 reps with.
2. Perform a 10rep warm-up with a weight 50% of the test weight; take 2 minutes rest
3. Perform 3-5 reps with the test weight; take 2-5 minutes rest
4. Do the test with the test weight (the wt you think he/she is able to lift 10-12x)
5. Use the chart to determine what the % of this test weight is to his her 1RM