

EFS Rep Schemes

- Move from High Volume (Sets x Reps = N) to High Intensity
- Stay in Each Non-Max Strength Phase for 3 to 6 Weeks

Aerobic

1x100 – Challenge / Once Every 3 Weeks

3x30 – Aerobic Capacity / Every Other Week

2x20 – Aerobic Capacity / Once Per Week

3x15 – Aerobic Capacity / Daily Depending On Goals

Muscle Building

4x12 – Muscle Building / Daily / Four Week Phases

3x12 – Muscle Building / Daily / Up to Six Week Phases

3x10 – Muscle Building / Daily / Up to Six Week Phases

4x10 – Muscle Building / Daily / Up to Six Week Phases

5x10 – Nervous System Recovery / Every Other Day / Up to Six Week Phases

4x8 – High Intensity Muscle Building / Every Other Day / Four Week Phases

5x8 – High Volume, High Intensity Muscle Building / Twice Per Week / Three Week Phases

8x8 – German Volume Training / Twice Per Week / Three Week Phases

5x6 – Very High Intensity Muscle Building / Twice Per Week / Three Week Phases

4x6 – Very High Intensity Muscle Building / Two to Three Times Per Week / Three Week Phases

3x6 – Very High Intensity Muscle Building / Two to Three Times Per Week / Three Week Phases

Strength

5x5 – Foundational Strength / One to Three Times Per Week / Block, Linear, Or Undulating

4x5 – Foundational Strength / One to Three Times Per Week /

3x5 – Foundational Strength / One to Three Times Per Week / Undulating

4x4 – Foundational Strength for Olympic Lifts or Ballistic Lifts/Olympic Derivatives / Two Times Per Week/Undulating

6x3 – Strength Endurance

3x3

6x2 – Max Strength Endurance

10x1 – Max Strength Endurance (85-95%) OR Power Endurance (30-40%)

3x1 – Max Strength / Every Four Weeks

10/8/6 – Muscle Building Pyramid (60%,70%,75%) / Two to Three Times Per Week

5/4/3/2/1 – Max Strength Pyramid (60%, 70%, 80%, 90%, 100%+) / Every Four Weeks

5/3/1 – Max Strength Wendler 531 (70-80%, 85%, 100%+) / Every Four Weeks

Muscle Building and Strength

10/6/F/F – DAPRE Method (Light, Heavy, 6RM, Adjusted 6RM)

12/F – High Intensity Training (12RM, Absolute Failure)

Cluster Sets

4x2+2+2

3x3+3

Yellow Highlight = Most Commonly Used in Our Training