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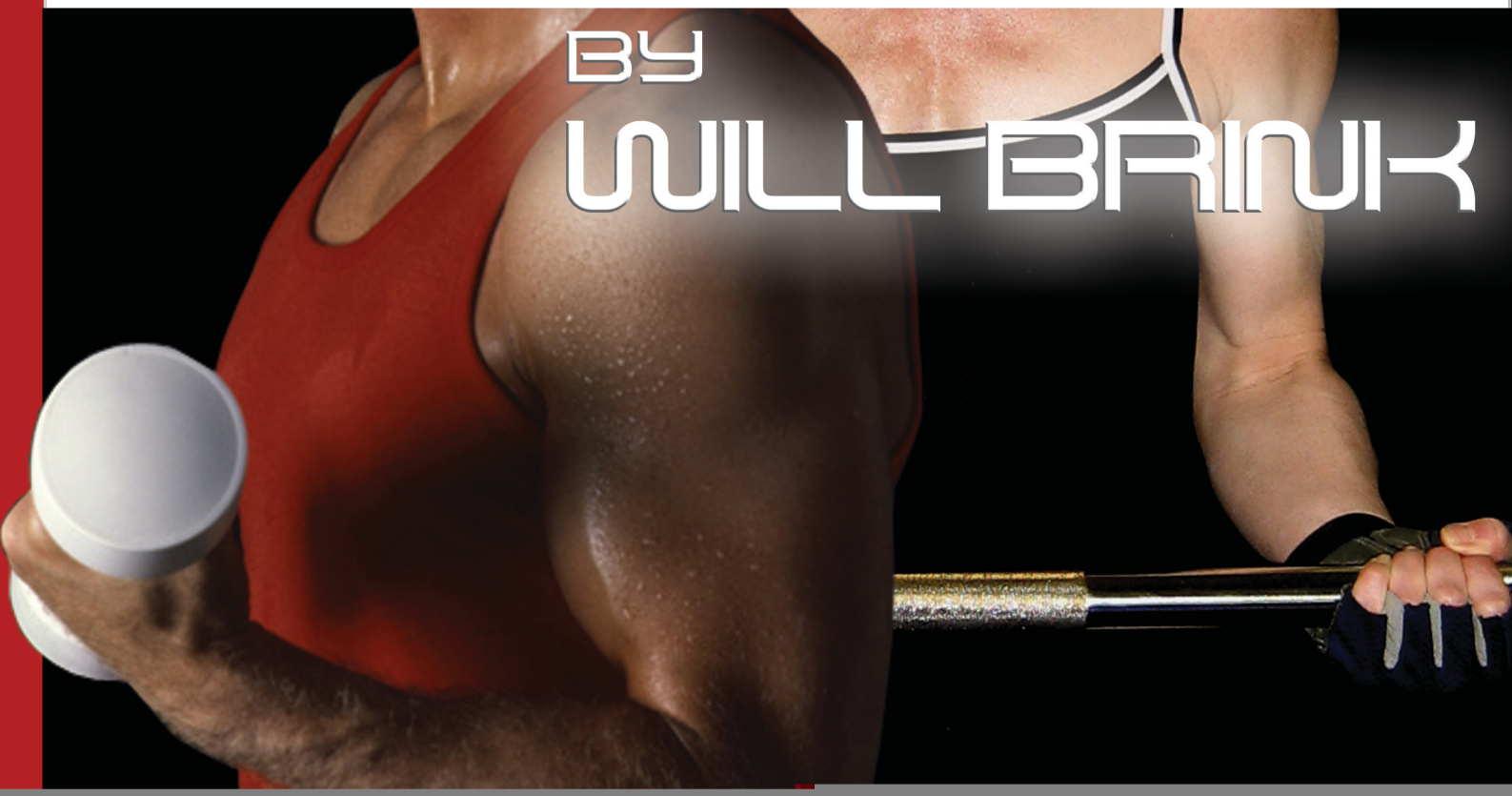
THE PERFECT REP



BY WILL BRINK

what I have said here is too basic to be of any use to them. Take it or leave it, you can't avoid the importance of the simple rep.

Tips for success using CTNL reps

Always strive to use progressive resistance, that is, try to achieve a personal best when possible. Many people misinterpret the concept of progressive resistance to mean constantly using more weight.

Obviously, you will not be able to add more weight to every workout indefinitely. Sometimes it is doing two sets of ten with a weight you could only do one set of ten with before. Sometimes it is doing eleven reps with a weight you could only get ten reps with the week before, or it can even be doing two sets of 12 reps with a weight you did the week before, but knocking off a few minutes of rest between those two sets, thus causing more stress on the muscle.

Weight is important, but making it your one and only focus will ultimately lead you down the road to disappointment. There are many ways to increase the stress on the muscle. For instance, what do you do at the end of the set, when you absolutely positively cannot do one more rep in the CTNL fashion? At this point you can rest and do one of a few options:

- You could just be done with the set
- You could do a few forced reps
- You could do a few negatives
- You could do a few "cheat reps" depending on the exercise
- Finally, you could reduce the weight and continue with the set

Most of the time, you should really just be done with the set because they can be quite intense. Throwing in one of the above intensity enhancing strategies once in a while is fine, but overtraining is a guarantee if you do it too often.

1. For upper body, performing 8-12 reps in this fashion is optimal for causing adequate micro-trauma to the muscle and creating the required metabolic cost. For lower body exercises, higher reps can be used. For example, after getting a few heavy sets of 8-10 reps on say squats, a set of 15-20 reps in CTNL fashion is essential on leg day. Believe me: you haven't lived until you have done a set of squats for 20 reps in this fashion with a maximum weight.

2. CTNL reps work equally well with any exercise: dead lifts, leg extensions, military presses, you name it. I would recommend no more than 8-10 sets per body part on larger muscle groups (legs, back, chest) and no more than 6-8 sets for biceps, triceps, and delts, because this style of training can be very intense when done correctly and overtraining is a distinct possibility.

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meet...WILL BRINK:

- Writer/Contributing Editor
- Monthly columnist for MuscleMag International
- R&D and Marketing Consultant to the health and fitness industry.
- Trainer of high-level athletes, police and military personnel.
- Guest on syndicated radio programs
- Author of "Priming The Anabolic Environment". "Diet Supplements Revealed" and

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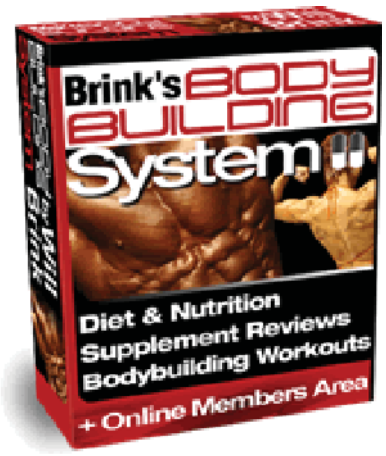

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Will Brink

P.S. For more information on me, what I do, and what I have to offer, check out my personal website, ***The Brinkzone***. I've got a huge archive of some of my best articles, as well as a full resume. Please feel free to explore as much as you like, and leave a comment or two on my weblog!

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