

Max Strength Routines

- Important: When training for strength and explosiveness fatigue and failure are your enemies!
- Fatigue will spoil a high training volume with high force development and lifting to failure will teach you to fail – physically and mentally (ignoring Muscle Growth Routines at beginning of training cycle or in combination with the Strength Routines)!
- Every repetition should be done with highest possible force development – FOCUS and EXPLOSION!
- All routines are for advanced athletes with at least 1-2 years of strength training experience.
- Proper warm up with lighter loads is a must!
- Routine # 1, # 2, # 3 and # 4 can be converted to Muscle Growth Routines if reps are done ULTRA SLOW (~5 sec up/5 sec down) with reduced load

Routine # 1 - Light Triples

- **10 x 3 reps – start new set every minute**
- Lift as much weight as possible or ~10% less (~60-80% 1 RM) when feeling tired and weak or when training with extremely high volume!
- This routine will give you a high volume of good quality lifts with relatively high force production due to explosive lifting. The routine can be done many times per week (and up to 2 times per day in extreme cases) due to low levels of fatigue and stress of nervous system

Routine # 2 - Heavy Triples

- **5 x 3 reps – start new set every second minute**
- Lift as much weight as possible (~85-90% 1 RM)
- This routine is quite fatiguing due to relatively many repetitions (3 reps) close to failure. Remember though not to lift more weight than being able to complete the whole routine! The routine should seldom be done more than once per week!

Routine # 3 - Light Doubles

- **10 x 2 reps – start new set every minute**
- Lift as much weight as possible or ~10% less (~70-90% 1 RM) when feeling tired and weak or when training with high volume!
- This routine will give you a high volume of good quality lifts with high force production. The routine can be done 2-3 times per week

Routine # 4 - Heavy Doubles

- **5 x 2 reps – start new set every second minute**
- Lift as much weight as possible (~90-95% 1 RM)
- The routine should seldom be done more than once per week!

Routine # 5 - Light Singles

- **10 x 1 reps – start new set every minute**
- Lift as much weight as possible or ~10% less (~85-95% 1 RM) when feeling tired and weak or when training with high volume!
- This routine will give you a relatively high volume of very heavy lifts. The routine should seldom be done more than 2 times per week

Routine # 6 - Heavy Singles

- **5 x 1 reps – start new set every second minute**
- Lift as much weight as possible ($\geq 95\%$ 1 RM)
- This routine will push you to the max – this is as heavy as it gets! This is a test routine at the end of a ~4-12 week training cycle!

Routine # 7 – Light Eccentric Singles

- **10 x 1 reps – start new set every minute**
- Lift as much weight as possible or 10% less (~100-110% 1 RM). Each rep lasts 5-7 seconds – if this can't be done the load is too heavy!
- This routine will push you beyond max - primarily to stimulate the nervous system!
- Due to extremely high loading - eccentric training should only be done 2 sessions/week for 3-4 weeks or 1 session/week in 6-8 weeks!
- Eccentric training should fill no more than 20% of total training volume – hence only choose a few and safe exercises!

Routine # 8 – Heavy Eccentric Singles

- **5 x 1 reps – start new set every second minute**
- Lift as much weight as possible (~110-120% 1 RM). Each rep lasts 5-7 seconds – if this can't be done the load is too heavy!
- This routine is absolutely CRAZY©
- Due to extremely high loading - eccentric training should only be done 2 sessions/week for 3-4 weeks or 1 session/week in 6-8 weeks!
- Eccentric training should fill no more than 20% of total training volume – hence only choose a few and safe exercises!

