

<p>2 SUPERSETS (AGONIST)</p> <p>Pair two exercises that work the same muscle group back-to-back.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Strength Muscle Gain 	<p>BEST FOR</p> <ul style="list-style-type: none"> Muscle Gain Time Efficiency Pump
<p>3 GIANT SETS</p> <p>Perform 3-5 exercises in a row for the same muscle group with little rest.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Muscle Endurance Calorie Burn Conditioning 	<p>4 ANTAGONIST SUPERSETS</p> <p>Pair opposite muscle groups together (back-to-back).</p> 
<p>5 DROP SETS</p> <p>Reduce the weight after failure and continue without rest.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Muscle Growth Intensity Breaking Plateaus 	<p>6 REST-PAUSE SETS</p> <p>Do a set to failure, rest 10-20 sec, then perform more reps. Repeat 2-3 times.</p> 
<p>7 PYRAMID SETS</p> <p>Increase or decrease weight each set while changing reps.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Strength Power Progressive Overload 	<p>8 TEMPO REPS</p> <p>Control the speed of each rep for more muscle tension.</p> <p>4 - 1 - 2 - 1</p> <p><small>ECCENTRIC PAUSE CONCENTRIC PAUSE</small></p>
<p>9 PAUSED REPS</p> <p>Pause in the hardest position to build strength and eliminate bounce.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Strength Control Power 	<p>10 EMOM</p> <p>Every Minute On the Minute. Perform the required reps at the start of each minute.</p> 
<p>11 AMRAP</p> <p>As Many Rounds/Reps As Possible in a set time.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Conditioning Endurance Mental Toughness 	<p>12 CIRCUIT TRAINING</p> <p>Complete a series of exercises in sequence with minimal rest.</p> 
<p>13 DENSITY TRAINING</p> <p>Get more work done in the same amount of time.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Strength Muscle Gain Work Capacity 	<p>14 CLUSTER SETS</p> <p>Break a heavy set into mini-sets with short rest between.</p> 
<p>15 PRE-EXHAUST</p> <p>Do an isolation exercise before a compound to pre-fatigue the muscle.</p> 	<p>BEST FOR</p> <ul style="list-style-type: none"> Muscle Growth Mind-Muscle Connection 	<p>16 FINISHER SETS</p> <p>High-intensity work at the end of your workout to finish strong.</p> 
<p>EXAMPLE: Bench Press</p> <p>3-4 SETS • 6-12 REPS 60-120 SEC REST</p>	<p>EXAMPLE: Chest Press + Push-Up</p> <p>3-4 SETS • 8-15 REPS EACH 30-60 SEC REST</p>	<p>EXAMPLE: 5-Exercise Leg Giant Set</p> <p>3-4 ROUNDS • 10-15 REPS EACH 30-60 SEC REST</p>
<p>EXAMPLE: Leg Press</p> <p>3-4 SETS • 8-12 REPS + DROPS 0 SEC REST</p>	<p>EXAMPLE: Chest Press</p> <p>2-3 SETS • 4-8 REPS + PAUSES 10-20 SEC REST</p>	<p>EXAMPLE: Dumbbell Squat (4-1-2-1)</p> <p>3-4 SETS • 8-12 REPS 60-90 SEC REST</p>
<p>EXAMPLE: Pause Squat</p> <p>3-4 SETS • 4-8 REPS 90-120 SEC REST</p>	<p>EXAMPLE: EMOM Push-Ups</p> <p>10 MINUTES • 8-12 REPS EACH MIN (REST REMAINDER)</p>	<p>EXAMPLE: AMRAP Circuit</p> <p>10-20 MINUTES • AS MANY ROUNDS AS POSSIBLE</p>
<p>EXAMPLE: 40 Reps as Fast as Possible</p> <p>1 EXERCISE • 40 REPS FOR TIME</p>	<p>EXAMPLE: 5x3 Cluster (3+3+3+3-3)</p> <p>5 REPS TOTAL • (3+3+3+3+3) 15-20 SEC REST</p>	<p>EXAMPLE: Leg Extension → Barbell Squat</p> <p>3-4 SETS • 10-15 REPS 60-90 SEC REST</p>

USE TECHNIQUES IN YOUR WORKOUTS

Not every workout needs every technique. Use them with purpose.

GOAL	BEST TECHNIQUES	EXAMPLE	INTENSITY	FOCUS
Strength	Straight Sets, Pyramid, Cluster Sets, Paused Reps	Barbell Squat 5x5	High	Load & Power