

Program Design Variables

Sets

A grouping of several repetitions of an exercise or a number of repetitions performed without rest

Repetitions

A repetition, or 'rep,' is one instance of an exercise

Intensity

The intensity of an exercise typically refers to its percent of 1 rep max (%1RM) or occasionally to the rate of perceived exertion (RPE)

Tempo

Tempo is the speed at which a rep is performed during a given set

Volume

Training volume is an accumulation of how much work a trainee performs in a given workout or program

Rest

A rest interval describes time between sets that is dedicated to acute recovery, or the ability to recover enough to perform the next set

Frequency

Training frequency defines how many times someone trains a body part per week

Duration

Training duration describes how long a training session lasts

Exercise Selection

The exercises chosen for the program according to goals, time, and available equipment

Principles Of Program Design

CL Gary



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