

# Sensible Strength Training

- A common mistake that lifters make is completing a high number of exercises in a workout
- Adolescence should perform no more than 30-36 sets per workout. 12 exercises of 3 sets should be the absolute maximum
- 3 sets of 10 reps at 60% max is a good starting point
- In the early stages train twice a week ( Monday + Thursday)
- When the law of diminishing returns occurs, more frequent workout will be needed
- Never lift on back to back days (36 hours)
- High intensity workouts should only used by advanced lifters with at least 1-2 years of weight training experience

# Sensible Strength Training

**D Kirk**



## **Sensible Strength Training:**

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