

THE CORE PHILOSOPHY: WHY 8–15 REPS?

- **Mechanical Tension:** The primary driver of muscle hypertrophy and strength.

- **Productive Volume:** Accumulate high-quality sets without excessive joint wear, burnout, or the need to grind out ultra-high-rep sets (rejecting 30–40+ rep sets) or train to absolute failure.

- **Equipment Focus:** Built for barbells, dumbbells, cables, and machines to maintain continuous muscular tension throughout the strength curve.

LIFT EXECUTION STANDARD

1. **Stable Setup:** Lock in your base and joint alignment before initiating movement.

2. **Controlled Eccentric:** Lower the weight deliberately for a 2–3 second count.

3. **Bottom Transition:** Pause briefly at the reversal point to eliminate momentum.

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4. **Intentional Concentric:** Drive the load upward with power while maintaining pristine form.

4-WEEK PROGRESSIVE OVERLOAD TRACKING LOG

Exercise	Week 1 (Weight x Reps)	Week 2 (Weight x Reps)	Week 3 (Weight x Reps)	Week 4 (Weight x Reps)
Movement 1:_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Movement 2:_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Movement 3:_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Movement 4:_____ _____	_____ _____	_____ _____	_____ _____	_____ _____

COACH'S RULE OF PROGRESSION

Once you hit the top of the 8–15 rep range with strict form across all sets, increase the load slightly for your next session.

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