



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

HOW MANY SETS

It is recommended that anyone who is interested in pursuing a program of physical fitness consult their physician for a complete physical examination. This physical should include, but is not limited to: blood pressure check, heart rate check, body composition analysis, anthropometric measurements, cholesterol test, and maximal or sub-maximal stress tests, particularly for men over 40 and women over 50. Always start slow with any program. The first few weeks are not to make great strength or conditioning gains but to establish motor patterning (coordination) for the exercises.

For resistance exercise, we recommend starting with a weight that you can comfortably get to the upper range of the recommended repetitions. Perform just one set of resistance exercises the first week. If no soreness is experienced the next two days, go to two sets the second week. Progress to three sets the third week, if again, you experience no soreness. You can then raise the weight 5 pounds every time all of the sets can be performed at the upper range with good technique. If soreness is experienced, don't add sets until you can perform without soreness two days later.

For cardiovascular exercise, start with 15 minutes in the target heart range three times per week. Add 5 minutes per week up to 60 minutes, then add one day per week up to six days per week maximum, depending on your goals.

Large muscle groups (Legs, Back, & Chest) require 48-96 hours to recover. Small muscle groups (Shoulders, Arms, Calves, Abdominals) require 24-48 hours to recover. On heavy days, large muscle groups should be worked for 6-9 sets. Small muscle groups should be worked for 3-6 sets. On light days, perform 1-3 sets per muscle group.

Remember, these are only guidelines and may need to be adjusted daily. If you cannot perform within 3 repetitions of the previous set, stop for the day. You've done enough for that muscle group.

Remember to keep the intensity high using the intensification techniques and track the total volume of your workouts. Too much volume is what will lead to overtraining.

$$\text{Volume} = \text{sets} \times \text{repetitions} \times \text{weight}$$

Example: If you perform 3 sets of 15 repetitions using 50 pounds, your volume is:

$3 \times 15 \times 50 = 2250$. If you decide to go lighter, doing 3 sets of 25 repetitions using 35 pounds, your volume is: $3 \times 25 \times 35 = 2625$. So instead of going lighter you've actually performed a higher volume. In this case, you should only perform 2 sets.

The range of motion of a particular exercise is determined most by skeletal structure, but also by flexibility and history of injuries. Only perform a range of motion where you can keep the joints straight and in the same line of pull as the resistance. If anything is felt more than ½ way towards a joint the range of motion is too great for the circumstance.