



been operating way too far to the right on the graph (that is recommending WAY too much exercise for the average trainee). This natural mistake has occurred because of selection bias....people tend to become interested in bodybuilding when they show at least some above average potential for it and part of this potential is above-average exercise tolerance. Also people naturally tend to mistake the stimulus (the actual exercise) as the entity that causes growth. As a result, even great minds such as Arthur Jones have decreased volume relative to this grossly inflated baseline rather than what is actually required. For the purposes of our experiment I recommend no more than 5 total exercises (Calf Raise, Leg Press or Squat, Pulldown, Chest Press, and Compound Row) or Mr. Mentzer's consolidation routine. DO NOT vary the workout or your record- keeping will be meaningless. Do not fret over the lack of variety. Variety IS NOT necessary for progress, these movements track muscle and joint function, and if the intensity of your work is adequate this will stimulate all the muscular structures of your body.

The next issues we must tackle are interrelated. We must standardize the way in which we administer the "dose" and we must have an accurate means of recording the response of the organism. The units of a drug dose might be milligrams; the unit of our dose is the repetition. We must standardize our unit so that we maximize the efficiency (intensity) of our dose. Just as we want to eliminate any impurities from our drug, we should eliminate any impurities from our exercise. Such impurities include anything that will allow the muscle to escape from being under continuous load such as heaving, jabbing or throwing the weight. Indeed, we want to eliminate even the smallest amount of momentum so we can know that every second of every repetition represents muscular loading. For measurement purposes our unit must be exactly reproducible. In our "drug" research a milligram is a milligram, is a milligram....all the time, every time. In our research a repetition should be a repetition....all the time, every time. Remember, the law of identity can never be escaped..."A is A". At Ultimate Exercise (my one-on-one HIT training facility) we use SuperSlow repetitions (10 seconds positive and 10 seconds negative). This allows us to insure the purity of the exercise and the precision of our basic unit of record-keeping.

Finally, we need to know what to monitor in order to accurately quantitate our desired response produced by the organism. Ultimately our desired response is bigger muscles and ideally this is what we would like to measure. Unfortunately, this is a fairly gross change and the units of measure (fractions of inches) are too large to allow us to make the fine adjustments of optimizing volume and frequency. Also, emperic evidence shows that muscle growth can be delayed and sporadic. What we need is a reliable marker for muscle growth. Fortunately such a marker has been found. We know that a muscle's strength is directly related to it's cross sectional area. In a given individual, if a muscle becomes stronger, it will also become larger; or if a muscle is noted to have become larger we will find that is stronger. It has also been noted that the strength gain ALWAYS precedes the size gain (this is particularly true in myself). A subject may gain strength for many consecutive workouts without any change in measurements; but then, in delayed fashion, the size gain will suddenly occur. While size gains may be sporadic and unpredictable, they are always preceded by a gain in strength. Such gains in strength can be reliably found in our workout record provided that the routine is standardized and NOT varied, and provided our units of performance recording are strictly standardized.

So now that we have identified all of the salient variables, what is my Heavy Duty/HIT prescription that I feel can be used by almost any subject? Here it is....

Rest completely from exercise for a minimum of 10-14 days.

Select either the 5 exercise generic routine or Mr. Mentzer's consolidation routine.

Perform each exercise in high intensity fashion, go to complete failure and attempt continued movement for 10-15 seconds after failure. Allow little or no rest between exercises.

Perform your repetitions strictly so that the muscle is under continuous load. Standardize your repetitions so that your record-keeping is precise. I strongly recommend a SuperSlow protocol for your reps.

Begin by allowing 4 days of rest between workouts. Keep accurate workout records. If the recovery period is adequate, you should note increasing weight, reps or both on a workout by workout basis. If recovery is truly adequate, I believe you should see an increase on every set of every workout.

If you are not seeing strength gains on every set of every workout, systematically insert an extra day of rest until you do. Do not be intimidated if the rest period gets pushed out to 6, 7, 10 or more days. This is where most trainees break down in the process...but I must say...TRUST ME ON THIS! You have tried so much other cockamamie bullshit, why not muster the courage to try the one thing that will bring the results you so passionately desire?

In conclusion I would like to offer a personal anecdote. I had been training approximately every 4th-5th day and had been making steady but small increases on 1 or 2 exercises every workout. Recently Greg Anderson of Ideal Exercise and Terry Carter who works with me at Ultimate Exercise insisted that I go to once a week workouts of 4 exercises each. Now, I am making big jumps in weight and reps on all of my exercises at every workout. Yesterday, I was performing compound row with a new weight and after 4 SuperSlow style reps I concluded that the weight felt too light and that I must have mistakenly pinned the stack at too light a weight. I briefly unloaded and consulted my workout card and confirmed I had indeed selected the correct weight...8 lbs more than last time. I promptly started over and completed 11 SuperSlow repetitions with a resistance that was 8 lbs more than a weight that limited me to 6 reps previously.

Please give this a try, I promise the only thing you will regret is the time you have wasted by training more frequently.

In my next article I would like to discuss the concept of the "narrow therapeutic window" as it relates to exercise and how as one becomes stronger the space between an effective exercise dose and a toxic exercise dose becomes more and more narrow.

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