

Understanding Your Training Chart

Days Since Last Trained: Refers specifically to the number of days from when you last trained those particular muscle or groups of muscles. This information is helpful in determining the ideal amount of time between training a muscle(s) to allow for complete recovery. Until a muscle is completely recovered it cannot begin the process of overcompensation (increased size and strength).

Days Since Last Workout: The number of days from when you last worked out regardless of muscle group(s) being trained is also useful information for determining optimal training frequency. The recovery process is not just a matter of time needed for muscle recovery but the amount of time needed for systemic recovery, which is the importance of tracking days between workouts.

Exercise: List the exercise being performed and any settings (i.e. seat position). The exercises should be listed in the order which they are performed from top to bottom.

Cadence: The cadence is the pace/tempos at which you are performing each repetition. It is an accumulation of the time it takes to perform the positive, negative, and hold of each repetition. These 3 phases are represented on your training chart as; **positive/hold/negative**. The positive is the concentric or lifting phase of the repetition and is characterized by the muscle shortening. The hold is the isometric phase, in which the muscle is contracted but there is no movement at the joint(s). Finally the negative is the eccentric or lowering phase of repetition and is characterized by the muscle lengthening.

An example of how it would be written on your chart is as such:
4/1/5 (pos/hold/neg)

Weight: Poundage; try to select a weight that allows you to work within the appropriated **TUT** (explained below)

Reps: The number of repetitions you perform should be a direct result of your desired **TUT** and your rep **cadence**.

TUT: Time Under Tension refers to the time that your muscles are straining against a resistance from the time the set begins until you are finished. Any rest or periodic breaks (locking out your joints) while performing the set should be

subtracted from your total TUT. For accuracy it is best to utilize a stopwatch to keep track of the length of each set.

Your ideal TUT for each muscle is determined by your muscle fiber type and rate of fatigue. Refer to *PURE PHYSIQUE: "How to MAXIMIZE Fat-loss and Muscular Development"* to learn more about Time under Tension and its importance to optimizing muscle development.

Forced Reps: This refers to any extra reps performed with assistance from a spotter or from a free, non-working limb *after* reaching positive failure. The proper way to perform forced reps is to only get enough assistance to keep the weight moving at the same pace or slightly slower than you had been prior to needing the help. Do not allow the assistor to lift the weight for you. Make sure that you keep constant tension on the muscle throughout the forced rep.

Variable: Indicates any "uncommon" or "odd" ways of performing the exercise to increase the demands of your set. This may be variables such as Partial reps, Strip sets, Drop sets, 1 ¼ reps, Rest/Pause reps, Stutter reps, Negative only, Max reps, 21's, Stage-reps, Jreps, etc.

Failure (Y/N): Indicate whether or not you reach momentary muscular "failure" or fatigue. This is a measure of training intensity. Refer to *PURE PHYSIQUE: "How to MAXIMIZE Fat-loss and Muscular Development"* to learn more about the importance of intensity in optimizing muscle development.

Notes: Be sure that you write down any extra information that may be of use in future workouts or any corrections that you had to make in your present one. Information concerning exercise performance; was the weight too heavy, too light, were you distracted, were you focused, what was the problem, how will you remedy the problem next time, etc. You cannot know what to do next if you do not know what you've already did, so keep notes! Refer to past workouts before starting new ones, and plan how you would like your workout to go before you start. Write as much of the information on your chart as you can before you start so that you can concentrate on the workout itself and not waste too much time between sets.

Closing Notes

The Pure Physique Training Chart was designed to be a training tool and used as a guide to aid in the achievement of your fitness goals. If utilized correctly it can be an objective means of analyzing and evaluating your training.

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The realization of your fitness goals is dependent upon information and how you use it. This chart provides you with a means of gathering that all important information to realize your goals but, what you do with it is up to you.

Train with Intensity!
Train with Intelligence!

Pure Physique LLC