

WORKSHEET 360

REDEFINING FUNCTIONAL AND PERFORMANCE TRAINING

Stimulus Variables in Performance Training

1. Hypertrophy is typically listed as 8-12 reps in textbooks. We now know sets of 8- 20+ reps create muscle growth as long as volume and fatigue is accomplished per muscle group. All that the muscle cares about is the stimulation. The limiting factor is different for each exerciser for example: glycogen depletion or nervous system fatigue. Ultimately there is individual variability in terms of when the exerciser reaches fatigue and why.

2. Power (Athletes)

3. Strength-maximal ability to produce force. There is also Task-Specific Strength which is the ability to produce maximal force in a specific movement (i.e. in a deadlift if one can pick up 200lbs from the knees to full stand, yet can only lift 150lbs from the floor to a full stand then his/her max in that specific task is 150lbs).

4. Stamina, Conditioning, Endurance.

*Fat Loss is not considered a variable. Fat loss is a byproduct in all aspects of training.

Performance vs Aesthetics: Understanding the difference between performance training and aesthetics.

Heart Rate Template for Efficient Training in Aerobic Exercise

Interval Type	Time Hack	Sets	HR Goal
Short Interval	<3:00 min efforts	3-6 : rest <2:00min	<171 bpm
Long Interval	3-7min efforts	2-5; rest <3:00min	<163 bpm
Low Intensity Aerobic	30-120mins	1; no rest continuous	<135 bpm
Endurance Tempos	> or equal to 20mins	1; no rest continuous	<144 bpm