

### 3 STRIKES & OUT PROCEDURES

1. 3 sets to volitional muscular fatigue using the same resistance for each exercise with a :45 rest between sets.
2. Use a resistance for each exercise that allows for volitional muscular fatigue in the 1st set repetition range (i.e., 10-14, 8-12).
3. Following a :45 rest, use the same resistance in the 1st set and perform a 2nd set to volitional muscular fatigue. Rest another :45 and perform a 3rd set to volitional muscular fatigue.
4. Record all weights used and repetitions achieved to assure progression in forthcoming workouts (1st set = rep range progression, 2nd & 3rd sets set = same resistance, perform as many reps as possible).
5. Rest no more than 1:30 between exercises.
6. *NOTES* section - record pertinent info (i.e., device used, type of exercise, machine settings, etc.).
7. Record all weights used and repetitions achieved to assure progression in forthcoming workouts (1st set = rep range progression, 2nd & 3rd sets = as many reps possible with the 1st set resistance).

Overhead press - barbell, dumbbell or machine

Pulldown - wide or close grip on a high pulley, plate-load or other machine

Dead Lift - barbell, dumbbell or machine

Leg curl - prone, seated or standing machine

Chest press - barbell, dumbbell or machine

Low row - seated row, plate-load row or other machine row

Leg press - any plate-load or selectorized machine

Abdominals - any weighted abdominal exercise