



Drop Sets

The point of a drop set is to hit failure and mutilate the muscles. When I say hit failure what I mean is not honest to God, gun to your head, you cannot lift any more weight. Drop Sets are best done with a partner or using machines so the weight level can be dropped very quickly.

The sequence:

1-2 warm-up sets (12 reps); rest 1 minute; 1 drop set.

The strategy:

The drop set is ~22 reps in total and will require 3 different weights.

For the drop set:

- 1) go to failure (~10 reps) then drop the weight by 25%
- 2) go to failure again (~8 reps) drop the weight by 25%
- 3) go to failure one more time (~4 reps). And you're spent.

The Workout

Warm-Up: ~12 reps

Drop Set: Go to failure (~10 reps), drop the weight 25% to failure (~8 reps), drop the weight 25% to failure (~4 reps)

	Week 1				Week 2				Week 3				Week 4			
	# Warm-up Set	Drop Set			# Warm-up Set	Drop Set			# Warm-up Set	Drop Set			# Warm-up Set	Drop Set		
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Day 1: Chest/Biceps																
Incline Dumbbell Presses																
Incline Dumbbell Flyes																
Machine Chest Press																
Cable Crossovers																
Dumbbell Curls																
Preacher Curl Machine																
Dumbbell Curl																
Day 2: Back/Triceps																
Lat Pulldown to the Front																
Narrow Grip Pulldowns																
Seated Cable Row																
One Arm Dumbbell Rows																
Narrow Bench Press in Smith Machine																
Pushdowns with Rope																
Overhead Extension with Dumbbell																
Day 3: Shoulders/Abs																
Shoulder Press Machine																
Reverse Fly Machine																
Front Raises																
Lateral Raises																
Cable Upright Row																
Crunches in Crunch Machine																
Roman Chair																
Sit-ups																
Day 4: Legs																
Leg Press																
Deep Squats																
Leg Extension																
Lying Leg Curl																
Seated Leg Curl																
Standing Calf Raises																