



WEIGHT RANGES WHEN WE FILL OUT CHARTS

We start off with three sets of 10 repetitions, then progress to three sets of 12 reps as things get challenging, then to three sets of 8, 10, or 12. When you can do 10 reps on all three sets, we keep the weight the same and go to three sets of 12 reps. When you can do three sets of 12 repetitions, we raise the weight to the next range and drop to three sets of eight repetitions. When you can do three sets of all eight, we go to three sets of 10 reps. When you can do all three sets at 10, we go to three sets of 12. Then when you can do all 12 on three sets, we repeat the cycle by raising the weight and going back down to three sets of eight reps.

5/5/5	40/60/80	100/170/220/280
5/5/10	50/70/90	100/170/230/290
5/10/10	60/80/100	100/170/240/300
10/10/10	60/90/110	100/170/240/310
10/10/15	60/90/120	100/160/220/280/320
10/15/15	70/100/130	100/160/220/280/330
10/15/20	80/110/140	100/160/220/280/340
15/15/20	80/120/150	100/170/230/290/350
15/20/20	80/120/160	100/170/240/300/360
15/20/25	80/130/170	100/170/240/310/370
15/25/25	90/140/180	100/170/240/310/380
15/25/30	90/140/190	100/180/250/320/390
15/25/35	90/140/170/200	100/180/250/330/400
20/30/40	90/140/180/210	100/180/260/340/410
20/35/45	90/140/180/220	100/180/260/340/420
20/35/50	90/140/190/230	100/190/270/350/430
25/40/55	90/140/190/240	100/190/270/360/440
30/45/60	100/150/200/250	100/190/280/370/450
30/50/65	100/160/210/260	100/190/280/370/460
30/50/70	100/160/210/270	100/200/290/380/470

As I mentioned before, this is not “written in stone”. It is “Based” off the DeLorme’s Principle or 50%, 75%, and 100% for three sets of ten. As weights get heavier, we go to four or more sets so that the starting weight is not too heavy and the jumps between sets are not too big. Have your trainers use their best judgments. For more info on the DeLorme’s Principle, just google it, you’ll get tons of stuff. It’s one of the oldest and probably most often studied programs you can find. It is backed by research and it’s simple.