



Five Steps for Productive Reps

By Matt Brzycki

Regardless of the type of strength-training program that you utilize, a productive program begins with productive repetitions or "reps." Remember, the repetition is the most basic and integral aspect of a strength-training program. If your repetitions are not productive, your sets will not be productive. If your sets are not productive, your workouts will not be productive. And if your workouts are not productive, your program will not be productive. You can perform productive reps by following these five steps:

STEP #1

Raise the weight in a deliberate, controlled manner.

A repetition starts with the raising of the weight. (This is sometimes referred to as the "positive phase" of a repetition and involves a concentric muscular contraction.) You should raise