

**TONY BOUTAGY'S LITTLE BLACK BOOK OF TRAINING SECRETS
OVERLOAD TECHNIQUES & TRAINING METHODS YOU'VE NEVER TRIED BEFORE!**

SECTION 1: HYPERTROPHY METHODS

1a) Superset Variations

The Post-Fatigue Superset	The Pre-Fatigue Superset
A1. Bench press (compound) A2. Dumbbell flyes (isolated)	A1. Dumbbell fly (isolated) A2. Bench press (compound)

The Pre-Fatigue Superset using Exercise Sequence

A1. Tricep pushdown A2. Bench press	A1. Leg curls A2. Romanian deadlifts
--	---

Contrast Supersets

Contrast load	Contrast tempo
A1: Squats, 4x3-5 reps, using a 211 tempo A2. Leg press, 4x12-15 reps, using a 211 tempo	A1. Squats, 5x5 reps using a 20X tempo A2. Leg press, 5x5 reps using a 813 tempo

The Full Range/Half Range Superset

A1. Seated semi-supinated dumbbell shoulder presses 5x4-6 reps on a 4010 tempo, rest 10 seconds only. A2. Seated Top Half Presses 5x4-6 reps in Rack on a 221 tempo, rest 4 minutes	B1 Standing rope cable upright rows 4 x 6-8 reps on a 2011 tempo, rest 10 seconds only. B2 Bottom Range Barbell Upright Row, 4 x 6-8 reps in Rack on a 2012 tempo, rest 3 minutes
--	--

Contrast Load & Tempo sets

A1. Lateral raise Sets: 3 Reps: 10 Tempo: 41X Rest: 10 seconds	A2. Lateral raise Sets: 3 Reps: 2 Tempo: 10/0/10 Rest: 2 minutes
--	--

The Extended Agonist/Antagonist Superset (using Contrast Loading & Tempo)

A1: Bench press 3x4-6, 201 tempo A2: Bent over row 3x4-6, 201 tempo	A3: Bench press 3x12-15, 401 tempo A4: Bent over row 3x12-15, 401 tempo
--	--

The Superset Drop Set Method

Perform a standard superset, followed by a 2-set drop set of the first exercise, followed by a 2-set drop set of the second set.

- A1: Barbell curls, 10 reps
- A2: Hammer curls, 10 reps
- A3: Barbell curls, 10+10 reps
- A4: Hammer curls, 10+10 reps

Origin/Insertion Supersets

A1. Close-grip chin ups Sets: 5 Reps: 4-6 Tempo: 4110 Rest: 10 seconds A2. Incline dumbbell curls Sets: 5 Reps: 8-10 Tempo: 3010 Rest: 2 minutes	A1. Weighted dips Sets: 5 Reps: 5 Tempo: 5011 Rest: 10 seconds A2. Overhead tricep extensions Sets: 5 Reps: 10-12 Tempo: 4010 Rest: 2 minutes
---	--

Mixed Methods Supersets

Combining two different overload techniques within a conventional, pre or post-fatigue superset.

A1. Lateral raise (drop set) 2x10+10+10, no rest	A2. Dumbbell shoulder press 2x12 using 1 1½'s
---	--

1b) Triset Variations

Pre-Fatigue Trisets

Classic pre-fatigue	Exercise sequence pre-fatigue
A1. Dumbbell fly (isolated) A2. Dumbbell press (compound) A3. Bench press (compound)	A1. Tricep pushdowns A2. Frontal raise A3. Bench press

The Pre-and Post-Fatigue Triset

A1. Decline dumbbell fly (isolated) A2. Bench press (compound) A3. Incline dumbbell fly (isolated)	A1. Tricep pushdowns A2. Bench press A3. Dumbbell flies
--	---

A1. Dumbbell flies A2. bench press A3. tricep pushdowns	A1. Lying tricep extensions A2. Bench press A3. Tricep pushdowns
---	--

The Half Range/Full Range/Half Range Triset

- A1: Bench press, 3x8-10 on a 4010 tempo (bottom half);
- A2: Incline dumbbell flies, 3x8-10 on a 311 tempo (full range);
- A3: Decline dumbbell press, 3x8-10 on a 2210 tempo (top half)

Telle's Mechanical Change Triset

- Exercise 1: Straight arm flies, 5-6 reps, 311 tempo, rest 10 seconds;
 - Exercise 2: 90 degree flies, AMRAP, 302 tempo, rest 10 seconds;
 - Exercise 3: Dumbbell bench press, AMRAP, 303 tempo, rest 3-4 minutes
- Repeat 2 more times.

Thibaudeau's Mechanical Change Triset

- A1. High incline dumbbell press, 8-10 reps, 411 tempo, rest 10 seconds;
 - A2. Low incline dumbbell press, AMRAP, 411 tempo, rest 10 seconds;
 - A3. Flat dumbbell press, AMRAP, 411 tempo, rest 60 seconds
- Repeat 2 more times.

The Constant Grip/Motion Triset	The Multi-Grip/Multi-Pathway Triset
Three versions of the same exercise performed in a triset fashion A1. Lying extension to hairline A2. Lying extension to nose A3. Lying extension to chin	Three variations of the same exercise performed in a triset fashion A1. Lying extension with barbell A2. Lying extension with cable A3. Lying extension with dumbbells

The Contrast Angle/Grip/Motion Triset Method

- Three different exercises for the same muscle group performed in a triset fashion
- A1. Tricep pushdown reverse grip
 - A2. Overhead tricep extension
 - A3. Tricep dips

Double Trisets

- The 1st and 3rd set is performed using the same exercise.
- A1. Lying EZ bar triceps extensions: 6-8 RM on a 311 tempo.
Without resting, move to:
A2. Close-grip bench press: 4-6 RM on a 311 tempo.
Without resting, move to:
A3. Lying EZ bar triceps extensions: 4-6 RM on a 311 tempo.
Rest for 2 minutes. Repeat steps A1 to A3 twice.

Mixed Methods Trisets

Combining different overload techniques for each exercise of a triset.

- A1. Incline dumbbell flies, 12 reps using 1 1/2's
- A2. Decline dumbbell press, using 21's
- A3. Bench press, 8 reps using 613 tempo

1c) Contrast Variations

Tempo Contrast Reps

Can be performed by changing the speed of an exercise movement during different phases of the lift.
Eg 813 tempo for shoulder presses or a 316 for a deadlift.

Thibaudeau's Contrast Tempo Sets

Rep One: 604 tempo
Rep Two: 604
Rep Three: 20X
Rep Four: 20X
Rep Five: 604
Rep Six: 604
Rep Seven: 20X
Rep Eight: 20X
Rest 90 seconds and repeat 3 more times.

Thibaudeau's Dynamic/Isometric Contrast Sets

Hold an isometric pause at the mid-range point of the movement on each rep. The length of the pause will vary from rep to rep to accommodate the growing level of fatigue. After 6 reps, rest 90 seconds & repeat 3 more times.

Rep 1: 10-second pause	Rep 4: 3-second pause
Rep 2: 7-second pause	Rep 5: 1-second pause
Rep 3: 5-second pause	Rep 6: No pause

Insider Contrast Techniques

Alternating between fast and slow reps in the same set. For example using the bench press:

Rep 1: heavy and slow	Rep 3: light and fast	Reps 6 to failure: slow and controlled (313 tempo)
Rep 2: heavy and slow	Rep 4: light and fast	Static hold in the sticking point
Unload the weight	Rep 5: light and fast	

The Dynamic-Isometric Contrast Technique

Perform a set of 20 repetition with squats. Immediately after those 20 reps put your back on the wall, bend the knees 90 degrees and hold the position until you drop on the floor.

1d) Other Hypertrophy Variations

The Mechanical Advantage Extended Set Method

The same load is used throughout the sets, but the mechanical advantage is improved throughout the sets to compensate for the accumulative fatigue.

- A1: Wide grip lat pulldown
- A2: Narrow grip lat pulldown
- A3: Under hand lat pulldown
- A4: Parallel grip lat pulldown

Telle's Mechanical Change Sets

Lateral raise

The concentric movement is performed with the body at 45-degrees.

The body is brought upright, and the first half of the eccentric rep is performed.

The body is lowered to the 45-degree angle and the last half of the eccentric rep is performed. Take 4 seconds to perform the entire eccentric movement.

The Back-Off Set

Back off sets can be added to any type of heavy, low rep training (eg 5x2). After your last set, strip off most of the weight and perform an additional set of 12 to 20 reps.

The 50 or 100 Rep "Set"

The goal is to perform 50 or 100 reps in as fewer sets as possible. Usually performed by pairing two compound exercises, such as pull-ups with parallel bar dips, and perform them back to back resting 60 seconds between sets.

The 8x3 Method

Perform eight sets of three heavy reps; stop one rep short of failure, rest less than 60 seconds between sets. Works well with a 30X tempo. Targets type IIb fibres

1 ½'s Method

Perform a full squat, and then come up halfway. Drop down again, pause, then come all the way up. That's one rep. The half-rep can be placed at the "bottom" or the "top" of the movement, your choice.

The Extended 5's Method (with two extended sets)

Select an exercise with as much weight as you can lift for five reps. Perform the five reps, rest for 15 seconds, then perform as many reps as possible with the same load. Now, rest again for 15 seconds and perform another set to failure. Perform four sets. Then perform 2 sets of 10-20 reps on a different exercises for the same muscle.

Telle's Mechanical Change Reps

Rep 1: Conventional dumbbell press

Rep 2: Bent arm fly

Rep 3: Straight arm fly

Use the same weight for each exercise.

Paused Methods

Perform an isometric hold at the end of an eccentric movement.

Squats, 3x10 using a 333 tempo.

The Various Position Isometric Method

Perform isometric holds at various joint angles during either the eccentric or concentric movement.

Squats, lower 5cm and hold for 5 seconds, lower another 5cm and hold for 5 seconds, lower another 5cm and hold for 5 seconds then stand up to the starting position in 1 second.

The 50 Total Reps Drop Set Method

Take a weight that you can barely do 6 reps with on a 2210 tempo. Do 6 reps, rest 15 seconds do as many reps as possible with that weight (lets say 3 reps), rest 10 seconds while lowering the weight a little bit. Do as do as many reps as possible with that weight, lets say 4 reps, you are now at 13 total reps, continue the process until you have done a total of 50 reps. Drop the weight enough so that you can do 3-6 reps every 15 seconds. Once you have completed 50 total reps, rest 3 minutes, and do two more 50 total reps sets.

The Sneaky Bastard Method

Set up a weight with which you can only curl 4 times. Put the weight down after the 4th rep and then add approximately 20% more weight. Pick up the weight immediately and then, with the aid of a partner, curl the weight up. When your partner has helped you complete the concentric weight, slowly lower the weight on your own over a period of 8 seconds. Repeat.

Rest 4-5 minutes and repeat. Do a total of 3 of these drop sets and you are finished.

Contrast Training

Set up a curl bar with your 5RM. Do 5 reps. Rest 3-4 minutes. Add 15% to the weight that was your 5RM. Curl the weight as high as you can—let us say 30 degrees—and hold it there for 8 seconds. Lower, and raise again as high as you can—let us say 20 degrees this time—and hold it there for 8 seconds before lowering. Rest 3-4 minutes. Then add 2-5% to your 5RM and crank out 5 full-range reps. Rest 3-4 minutes and add 15% to your new 5RM. Again do two isometric reps, pausing twice for 8 seconds. Rest 3-4 minutes and again put the new 5RM resistance on the bar and crank out 5 full-range reps.

The Super-Imposed Method

Set up the pins in a power rack so that you can only curl a bar approximately 4 inches. Curl the bar, make contact with the pins, and maintain an isometric contraction. After 8 seconds, have your partner "punch" the bar down. Rest 3-4 minutes and then add 2-5% to what you would normally do for full-range curls. Rest 3-4 minutes, and repeat the "punch" set. Rest 3-4 minutes and do another full-range set, using more than you would ordinarily.

SECTION 2: MAXIMAL STRENGTH METHODS

Alternating Full Recovery Sets

Involves pairing two exercises of opposite actions, usually a big muscle group with a small muscle group or agonist with antagonist. Eg chin ups & lying extensions or bench press & bent over row. The two are performed like a superset except that the rest between each set is at least 1-2 minutes.

The Wave Loading Method

Do four sets of three reps, increasing and decreasing the weight you lift. Eg, performing a bench press:

Set 1: 60kg	Set 3: 65kg
Set 2: 70kg	Set 4: 75kg

The Conventional Wave Loading Method

Perform a set of 4 reps, rest & increase the weight. Perform a set of 3 reps, rest & increase the weight. Perform a set of 2 reps, rest. Perform a second 'wave' of 4/3/2 reps with more weight than the first 'wave'.

The 7/5/3 & 5/3/1 Wave Loading Method

Wave 1:	Wave 1:
Set 1: 7 reps @ 20kg	Set 1: 5 reps @ 100kg
Set 2: 5 reps @ 25kg	Set 2: 3 reps @ 110kg
Set 3: 3 reps @ 30 kg	Set 3: 1 rep @ 120 kg
Wave 2:	Wave 2:
Set 1: 7 reps @ 22.5 kg	Set 1: 5 reps @ 105 kg
Set 2: 5 reps @ 27.5 kg	Set 2: 3 reps @ 115 kg
Set 3: 3 reps @ 32.5 kg	Set 3: 1 rep @ 125 kg

The 5/1 Method

Perform a set of 5 reps, rest & increase the weight significantly. Perform a set of only 1 rep, rest. Perform a 2nd 'wave' of 5/1 reps with more weight than the first 'wave'. Repeat a 3rd time with more weight again.

The Descending Wave Loading Method

1x5 @ 92.5 kg	1x1 @ 110.0 kg
1x1 @ 107.0 kg	1x3 @ 97.5 kg
1x4 @ 95.0 kg	1x1 @ 112.0 kg

The 5x5 Training Method

Perform 5 sets of 5 reps. Option 1: lower the weight on the last few of sets so that you can always hit 5 reps in spite of fatigue. Option 2: start out with a lighter weight, with a weight you can lift 8 times, but only perform 5 reps. By the end of 5 sets, the 5 reps will be very tough. Rest 60-120 seconds between sets.

The 2x2, 2x4, 2x6 Method

Perform 2 sets of 2 reps, adding slightly more weight for the 2nd set. Rest, decrease the weight & perform a 2 sets of 4 reps, adding slightly more weight for the 2nd set. Rest, decrease the weight once more & perform a 2 sets of 6 reps, adding slightly more weight for the 2nd set

The Descending Rest Method

Use the same amount of reps every set but decrease the weight while also decreasing the rest interval between the sets.

- Set 1. 5 reps with 100kg, rest 90 seconds
- Set 2. 5 reps with 95kg, rest 60 seconds
- Set 3. 5 reps 90kg, rest 45 seconds
- Set 4. 5 reps 85kg, rest 30 seconds
- Set 5. 5 reps with 80kg

The 4x4, 1x10, 1x20 Method

Perform 4 sets of 4 reps, adding slightly more weight each set. Rest, decrease the weight & perform a set of 10 reps, rest and decrease the weight once more and perform a set of 20 reps.

The Partial Pyramid Method

Perform a set of 8 reps, rest & increase the weight. Perform a set of 6 reps, rest & increase the weight. Perform a set of 4 reps, rest. Perform another set of 8 reps with more weight than the first attempt at 8.

The Cluster-Set Training Method (the rest/pause method)

Perform a set of intermittent repetitions with 90%+ of their 1RM, resting 10-15 seconds between reps. Typically perform multiple sets (5+) and usually 5 repetitions and under. Rest 3-5minutes between sets.

The 10 to 1 Method

Use ten sets for this exercise, resting 90 seconds between each set. Start with a set of ten reps. On each subsequent set decrease the number of reps by one and increase the load by slightly.

The 5/4/3/2/1 Method

Start the client off at their 5RM and add small increments of weight while performing one less rep, resting 90 seconds between sets.

The Broad Pyramid Method (ascending or descending)

Set 1: 8 reps	Set 4: 4 reps	Set 1: 4 reps	Set 4: 8 reps
Set 2: 6 reps	Set 5: 6 reps	Set 2: 6 reps	Set 5: 6 reps
Set 3: 4 reps	Set 6: 8 reps	Set 3: 8 reps	Set 6: 4 reps

Poliquin's Maximal-Tension Drop Set Method

Set 1: 3, rest 5-15 seconds	Set 4: 1, rest 5-15 seconds
Set 2: 1, rest 5-15 seconds	Set 5: 1, rest 3-5 minutes & repeat 3-5 times.
Set 3: 1, rest 5-15 seconds	

Telle's Maximal-Tension Drop Set Method

Set 1: 1, rest 5-15 seconds	Set 4: 1, rest 5-15 seconds
Set 2: 1, rest 5-15 seconds	Set 5: 1, rest 3-5 minutes & repeat 3-5 times.
Set 3: 1, rest 5-15 seconds	

The Repeated Maximum Effort Method

Load the bench press to 100% of your 1RM. Do a single rep in perfect form. Wait 10 s, remove 2-5% of the load & do another single rep. Rest 10 s, again remove 2-5% of the load & do another single. Continue in this manner until you have done 5-7 singles. Rest 4-5 minutes & repeat. Do a total of 3 of these drop sets.

Eccentric Loading Methods

Using greater loads than one can lift concentrically (~100-140% of 1 RM), the eccentric part of the lift is only trained, while a spotter lifts the concentric phase with no effort from the trainee.

The 2/1 Technique:

Concentric portion of the lift with two limbs, the eccentric with one. Can be used with: seated rows; cable bicep curls; cable tricep pushdowns; and most machines.

The Two-Movements Technique:

Perform the concentric portion using a compound movement & the eccentric portion with an isolated movement. Such as:

<i>Concentric movement</i>	<i>Eccentric movement</i>
Power clean	Reverse curl
Narrow-grip bench press	Lying tricep extension
Dumbbell press	Dumbbell flyes
Dumbbell squats	Single-leg squats
Back extensions	Single-leg back extensions