

Additional aspects of training.

In addition to adjusting sets and reps, you may also adjust other parts of your workout in order to achieve similar goals. Two of these aspects are Time Under Tension and Rest Time.

TIME UNDER TENSION

Time under tension (TUT) refers to how much time is being focused on lifting the weight. This time is broken down into down time, hold time, and up time. For example, the generic TUT is 2-0-2, meaning you would lower the weight down for 2 seconds, with no hold, and then push it back up for 2 seconds. Ways to vary this include the following:

Tempo	TUT per rep	Goal
1-0-X	~1-5 seconds	Speed/Power
2-0-1	3	Max Strength/Functional Hypertrophy
3-1-3	7	Structural Hypertrophy
8-0-4	12	Stability/Control

Obviously, you would need to adjust weight as a result of changing TUT. Sets and reps would also need to change. 4 x 8 would work better for 3-1-3 than 1-0-X. Conversely 5 x 3 would work better for 1-0-X than 3-1-3.

REST PERIODS

Rest periods are a greatly overlooked aspect of training. Certain training cycles will work better with certain rest periods. Depending on your training goals, you would need to adjust your rest periods.

Rest Period	Training Goal
0-30 seconds	~50% metabolic recovery
30 sec.-2 minutes	~90% metabolic recovery
2-3 minutes	near complete metabolic recovery
3-5 minutes	near complete neural recovery
5-10 minutes	Complete neural recovery

Generally, 90 seconds to 3 minutes is the guideline. This gives your body adequate time to recover, yet does not allow your nervous system to relax.

WOLVERINE
STRENGTH