FAQ

Q1: What is the definition of 1 set?

A: One set is all the exercises one after the other with the prescribed rest in between, and then do that sequence again for the prescribed numbers of sets. For example, for the test on week 1: push up, pull ups, squats, sit ups, dips and then again: pushups, pull ups, squats, sit ups and dips for the second set.

Q2: What should I do if I can’t fully complete a set?

A: You have 2 options. First option is to stay on that week number and keep repeating the reps and sets of exercises until you master it then move on to the next week. OR you can continue with the workouts each week, but whatever set you can’t finish, just finish the reps with the progressions explained for that specific exercises. Regardless keep moving forward Bar Brothers salute!