

First, determine your 4-5 rep Max with a RM Calculator. You will then start your 30 sec timer and complete 3 reps with that weight. You will continue to do this every 30 seconds until you can no longer perform your 3 rep set. ((Keep in mind, that it isn't 30 seconds of rest. You are to perform your 3 rep set within 30 seconds. If it takes you 10 seconds to do your 3 reps then you get 20 seconds of rest.)) You will continue till you can no longer perform 3 reps. At that point you will do 2 reps in the 30 second time frame and however much time is left in that 30 seconds will be your rest. Once you fail at 2 reps you will then move onto 1 rep and continue to do it inside your 30 second timeframe. Once you cannot complete one rep your set is then over. You will now rest for 90 - 120 seconds and repeat this process again for 2 more sets.