**Lesson #7: Reps**

I'm sure you guys are wondering why I have not mentioned anything about reps yet.

I saved reps to talk about until now because the rep range should be the same for each exercise no matter what: 8 to 12 reps.

Remember, we're training for aesthetics; it is not about strength.

We want to train in the hypertrophy range, which is 8 to 12 reps.

If you train below that range, you're training for strength. If you train above that range, you're training for endurance.

For each exercise, pick a weight that causes you to fail on rep 8, 9, 10, 11, or 12. (Remember to keep perfect form and count to three for the time it takes to complete the eccentric motion of EVERY rep).