

- 1) Training Cycles
 - Train on the program for at least 7 Weeks (Cycles)
 - After 7 Weeks you can try the Mayhem 7,5,3 Cycles
- 2) One Rep Max
 - $(\text{Weight} \times \text{reps} \times 0.0333) + \text{Weight}$
- 3) Setting your Training maxes
 - Start Light and focus in proper Form , Especially at the start
 - To set your training maxes, simply take your true or estimated one rep max and multiply by 0.9, or in other words, take 90% of your max to Get your training max.
- 4) What the hell does "Top Set PR" mean? What's a "Top Set PR Week" ?
 - PR stands for "personal record".
 - "Top Set", I mean that you will go for a PR on the first working set of the main lift. This will be the heaviest set of the day for that big lift, as you will drop the weight after doing this set.
- 5) What's the method for progression on the "Top-Set"?
 - What you go for on this Top-Set will depend on the last time you did it during the previous Top-Set PR week.
 - With 3-5 being the recommended rep range, if you only hit 3 or 4 reps with a given weight, you don't increase that weight until you've hit 5 reps on the top set.
 - Once you've hit 5 reps on the top set, you can add weight (just add 5 lbs) and then go for 3-5 reps again.
 - Last month you hit 3 on the top-set? This month aim for 4. Last month you did 4? This month aim for 5. Last month you did 5? This month, add 5 pounds and go for 3.
 - Common sense tells us that we should probably master a weight before going up.
 - So, bare minimum, don't increase the reps unless it's a 9.5 or easier.
- 6) What do I do after the Top Set?
 - After your top set, you will drop the weight and do "back off sets".
 - These are more sets, generally of equal reps per set of the top weight, assuming the top set actually landed in the 3-5 or 8-10 (essentially 3-10) rep range.
 - We'll be utilizing a form of auto regulation
 - after your Top-Set, you lower the weight by 5%, 7.5%, or 10% based on the RPE/ RIR (rounding to the nearest 5 lbs or rounding to the nearest 0.5 lbs if you own microplates).
 - Using this new "back off" weight, you will be completing 2-5 "back off sets", or until you hit another RPE 9 (whichever comes first).
 - You will go for the equal number of reps per set as you did on the top-set.
 - If you hit an RPE 9 (or higher) on your first back off set, that is a very good indicator that you either misjudged your RPE on the top set and didn't lower the weight enough, and/or you didn't give yourself enough time to rest between the top set and first back off set, and/or just really messed up with technique, set up, etc.
 - If you hit an RPE 9 on your second set,

the same reasons may apply, just to a slightly less degree.

- for most

workouts, 3-4 back off sets is where most people will land, granted they did at least an okay job of aiming, hitting, and judging their RPE

- Even if

you did an RPE 9.5 on the top set, if you back off accordingly, which is 7.5%, in most cases 3-4 back off sets before you hit RPE 9 again should happen.

- On better days, with great recovery, good focus and concentration, good RPE accuracy and judgement, 5 back off sets will result.

7) Increasing Your Training Maxes

- After running your current training maxes through the 5 weeks (4 training weeks and the deload) you will increase your OHP and Benchpress training maxes by 5 LB's each and your Deadlift and Squat training maxes by 10 LB's each. For females, cut this number in half.

8) Resetting Your Training Maxes

- Over the span of several training cycles, there will come a point when many working sets begin to get very difficult and grindy.

- This is

the point at which you want to reset your training max, ideally before you actually begin to fail reps.

- For those on Original

7/5/3, you'll know you should probably reset your training maxes when every set during percentage programming starts to feel like your Top-Set PR sets.

- When every set becomes RPE 9 or harder (probably 5-8 cycles in) reset your training maxes.

- Resetting your training maxes is simple. Just take 90% of what your current max is and go from there.

- It's best to do this when before

'entering a new cycle, but this can also be done mid-cycle, since it's better to reset than to keep grinding yourself to bits and pieces, and risk injury.

9) Warm Up Sets

- Here is how I'd warm up to squat or benchpress 225 for sets of 5

- Typical general warmup/mobility

- Bodyweight x 8-10

- 45 lbs (bar) x 8-10

- 135 lbs x 5-6

- 175lbs x 3-4

- 200 lbs x 1-2

- Here is how I'd warm up to squat 405 for sets of 5

- Typical general warmup/mobility

- Ogas / OGUS753 / 38

- Bodyweight x 8-10

- 45 lbs (bar) x 8-10
- 135 lbs x 8
- 225 x 5
- 275 x 3-4 (optional)
- 315 x 2-3
- 365 x 1-2

- When warming up, it's important to get the blood pumping, but also to practice the movement pattern. Hit the warm up sets (okay maybe except for that first 1-2 "blood pump-up sets" or bodyweight sets) with the kind of force you would on your working sets.

10) Don't Call it Accessory Work

-