

1 1-10 METHOD

After a warm-up set or two, find a weight that you're only able to lift for 1 rep. After you perform that 1 rep, take just enough weight off to perform 2 reps. From there, do the same for 3 reps and 4 reps, going all the way up to 10 reps. This is brutal because you take no rest between sets. The only rest you get is when you're unloading the weights. I loved this technique, and it's a total shock to the muscle.

2 STRIPPING METHOD

Immediately after your final work set, take some weight off and lift for another 5-10 reps. Then, with no rest, keep repeating this process. Reduce your weight, lift, reduce again, lift, and continue until you're down to the bar. Once you're down to the bar, lift for 20 reps.

3 MAX EFFORT

Pick one exercise and see what you can do for a 1-rep max. To get there, work up to the weight with the following rep pyramid, taking ample rest between each set: 20, 15, 10, 8, 5, 3, 1, 1, 1-rep max.