

E G Y M Training Programs

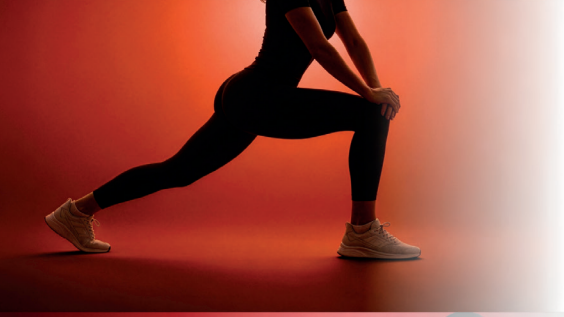
🦵 % of maximum strength
(concentric/eccentric)

↺ Repetitions per set
(/interval)

⬆ Intensity

🕒 Set duration

»» Pace

		Phase 1Session 1–6	Phase 2Session 7–12	Phase 3Session 13–18	Phase 4Session 19–24
	Longevity	Classic ↺ 5/5/5 🕒 53 secs 🦵 50% ⬆ moderate »» moderate	Classic ↺ 6/6 🕒 52 secs 🦵 57% ⬆ moderate »» moderate	Eccentric ↺ 12 🕒 48 secs 🦵 48% / 68% ⬆ high »» low / moderate	Explosive ↺ 5/6/6 🕒 71 secs 🦵 51% ⬆ high »» fast
	Build muscle	Eccentric ↺ 15 🕒 60 secs 🦵 35% / 55% ⬆ moderate »» moderate	Classic ↺ 12 🕒 48 secs 🦵 60% ⬆ moderate »» slow / moderate	Eccentric ↺ 12 🕒 48 secs 🦵 60% / 70% ⬆ high »» moderate	Classic ↺ 10 🕒 40 secs 🦵 70% ⬆ high »» slow / moderate
	Rebuild	Classic ↺ 15 🕒 60 secs 🦵 33% ⬆ low »» moderate	Classic ↺ 15 🕒 60 secs 🦵 40% ⬆ low »» moderate	Eccentric ↺ 20 🕒 60 secs 🦵 36% / 46% ⬆ moderate »» moderate	Classic ↺ 20 🕒 60 secs 🦵 45% ⬆ moderate »» moderate
	Stay fit	Classic ↺ 20 🕒 70 secs 🦵 44% ⬆ low / moderate »» moderate	Classic ↺ 15 🕒 60 secs 🦵 53% ⬆ moderate »» moderate	Classic ↺ 12 🕒 48 secs 🦵 61% ⬆ moderate / high »» moderate	Classic ↺ 10 🕒 40 secs 🦵 68% ⬆ high »» moderate
	Lose weight	Eccentric ↺ 12 🕒 48 secs 🦵 35% / 55% ⬆ low »» moderate	Eccentric ↺ 15 🕒 60 secs 🦵 35% / 55% ⬆ moderate »» moderate	Classic ↺ 5/5/5 🕒 68 secs 🦵 55% ⬆ moderate »» slow / moderate	Classic ↺ 15 🕒 60 secs 🦵 55% ⬆ high »» slow / moderate
	Boost immunity	Classic ↺ 6/6 🕒 52 secs 🦵 36% ⬆ low »» moderate	Classic ↺ 12 🕒 48 secs 🦵 36% ⬆ low / moderate »» moderate	Classic ↺ 5/5/5 🕒 61 secs 🦵 35% ⬆ moderate »» moderate	Classic ↺ 15 🕒 53 secs 🦵 36% ⬆ moderate / high »» moderate
	Get lean & strong	Eccentric ↺ 15 🕒 60 secs 🦵 35% / 55% ⬆ moderate »» moderate	Classic ↺ 15 🕒 60 secs 🦵 56% ⬆ moderate »» moderate	Eccentric ↺ 18 🕒 63 secs 🦵 53% / 63% ⬆ high »» moderate	Classic ↺ 20 🕒 70 secs 🦵 54% ⬆ high »» moderate
	Metabolic health	Classic ↺ 8/8 🕒 52 secs 🦵 37% ⬆ low »» moderate	Classic ↺ 10/10 🕒 74 secs 🦵 37% ⬆ moderate »» moderate	Classic ↺ 18 🕒 63 secs 🦵 41% ⬆ moderate / high »» moderate	Classic ↺ 20 🕒 70 secs 🦵 41% ⬆ high »» moderate
	Performance	Explosive ↺ 5/6/6 🕒 71 secs 🦵 41% ⬆ high »» fast	Explosive ↺ 5/6/6 🕒 71 secs 🦵 51% ⬆ high »» fast	Classic ↺ 5/5 🕒 50 secs 🦵 71% ⬆ high »» moderate	Explosive ↺ 5/6/6 🕒 71 secs 🦵 55% ⬆ high »» fast