

GYMPAD



TRAINING MODALITIES
EXPLAINED



SINGLE SETS,
SUPERSETS, GIANT SETS
AND MUCH MORE

MIXING UP

YOUR

WORKOUTS

HOW TO EFFECTIVELY MIX UP YOUR WORKOUTS

1

MIXING UP YOUR WORKOUTS INTRODUCTION



When you start a regular exercise program, whether it is based on losing weight or improving your overall health, your enthusiasm and motivation are at an all time high. You begin to feel much better in yourself and you will start to see the results from the hard work and effort you have put in. However, after weeks of performing the same exercise programme, your body will start to adapt to these workouts in which you will require less strength and effort to perform. This is where your training and progress will plateau along with your motivation and drive as you will start to see less progression. Changing your workouts up on a weekly/monthly basis whilst adding more intensity into your workouts will shock and challenge your muscles in ways they haven't experienced, therefore pushing you through this plateau stage and furthering your progress. So what do we mean by adding intensity into your workouts? Intensity refers to how strenuously or vigorously you work out, when training with weights, one way that you can measure the intensity of your workouts is the percentage of the maximum amount of weight you can lift for one time, known as your one rep max. You can work this out by using the 1 rep max table that is included in the GymPad Workout Journal. Another way to make your workouts a lot more intense is to reduce your rest periods. When training for hypertrophy (muscle growth) your rest times should be no longer than 60 seconds. No checking your phone mid-set, instead, drink some water, get the weights ready, shake it off and prepare for your next set. Another way to keep your workout intense is to track your workouts and plan them before you even arrive at the gym, this way your total focus is on the next set rather than thinking "what's my next exercise". So next time you're working out, just think "intensity intensity intensity". Now try challenge yourself by adding these training modalities that are explained beneath into your workouts and see how you can use the GymPad workout template to note these down into your program's.

“Keep your
muscles
challenged,
your body
guessing, and
the results
coming!”

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3

MIXING UP YOUR WORKOUTS SINGLE SET/SUPERSET



Single Set

A Single Set is one set of a given exercise. After one set is completed, you then rest.

Note: You can perform more than just one set of a given exercise. Single Set just means you rest between sets.

Examples

Barbell Bench Press 3 single sets of 12 reps.

Barbell Back Squat 1 set of 10 reps.

Barbell Conventional Deadlift 1 set of 8 reps.

Superset

A Superset involves performing one set of one exercise and then, usually immediately after, performing a second set of another exercise. Performing Supersets helps with time-saving and can almost double the amount of work completed, they are great for size and endurance and help elevate the heart rate so it is useful as cardio and for burning calories.

Examples

Lat Pulldown 10 reps // Barbell Bent Over Row 10 reps

Plank 1 minute // Crunches 20 reps

Dumbbell Shoulder Press 10 reps // Upright Row 8 reps

4

MIXING UP YOUR WORKOUTS

TRI SET/GIANT SET



Tri Set

A Tri Set involves performing three sets of a given exercise or three different exercises immediately after one another with little or no rest in between. Once you have completed the last exercise, and the last rep, then you have completed one full Tri Set. Try incorporating Tri Sets into your programs to change your training up and keep your body thinking.

Examples

Bench Press 10 reps // Cable Fly 10 reps // Plate Press 8 reps

Barbell Bicep Curl 10 reps // EZ Bar Skull Crusher 10 reps // Dumbbell Curl 8 reps

Giant Set

A Giant Set involves performing four or more exercises that are performed one after another, with little or no rest in-between. Once you have completed the last rep on the last exercise, you have completed one Giant Set. Giants Sets typically take very little time to complete, so they are great for gym goers that are on a time constraint. This training method means you can still get a good, quick and efficient workout in.

Examples

V Bar Row 10 reps // Barbell Bent Over Row 10 reps // Pull-Ups 6 reps // TRX Row 6 reps

Tricep Dips 10 reps // Rope Tricep Extension 10 reps // Front Raises 10 reps // Lateral Raise 10 reps

5

MIXING UP YOUR WORKOUTS

PHA/PYRAMID SET



PHA

PHA (Peripheral Heart Action) is a circuit training modality which involves performing alternating upper body and lower body exercises. Four or more exercises in this order are considered a PHA system, as long as they are performed immediately after one another. This training modality is perfect for those gym goers and for those that want to train at home that are pushed for time. By alternating between upper and lower body exercises, the heart has to work harder to shunt blood from one end of the body to the other, therefore your body is having to work harder, burning a lot of calories in the process.

Example

Bench Press // Dumbbell Squat // Bent Over Dumbbell Row // Dumbbell Step Ups // Shoulder Press

Pyramid Set

A conventional pyramid is performing lighter weights and higher reps in the first set, to heavier weights and fewer reps in the subsequent sets. The rep format is 12-10-8-6-4-2.

Examples

Squat Pyramid // 12 reps // 10 reps // 8 reps // 6 reps // 4 reps // 2 reps

Bench Press Pyramid // 12 reps // 10 reps // 8 reps // 6 reps // 4 reps // 2 reps

Sit Ups Pyramid // 12 reps // 10 reps // 8 reps // 6 reps // 4 reps // 2 reps

6

MIXING UP YOUR WORKOUTS REVERSE PYRAMID/DROP SET



Reverse Pyramid

A Reverse Pyramid is the opposite in which the heavier weights are used at the beginning and progressively lightened. The rep format is 2-4-6-8-10-12.

Examples

Front Squats // 2 reps // 4 reps // 6 reps // 8 reps // 10 reps // 12 reps

Barbell Lunges // 2 reps // 4 reps // 6 reps // 8 reps // 10 reps // 12 reps

Drop Set

A Drop Set involves performing one set of an exercise and then immediately performing a second set of that same exercise, with a decreased weight. Two to four drops in weight are considered drop sets.

Examples

Leg Extension // 10 reps at 120lbs // 8 reps at 100lbs // 6 reps at 80lbs

Lat Pulldown // 12 reps at 100lbs // 8 reps at 80lbs // 6 reps at 50lbs

7

MIXING UP YOUR WORKOUTS PRE EXHAUST



Pre Exhaust

A pre-exhaust is performing a single joint exercise immediately before a multi joint exercise. This again is another great training method to spice your training up and to challenge your muscles differently.

Examples

Dumbbell Chest Fly (single joint) // Barbell Bench Press (multi joint)

Leg Extension (single joint) // Squat (multi joint)

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