

## 10 Workouts to a new 5 rep max

	Sets	Reps	% of Single rep max	Rest between sets
Workout 1	8	8	40%	15 to 20 seconds
Workout 2	4	8	50%	15 to 20 sec. between first 4 sets Rest 5 minutes after the fourth set
	4	8	50%	15 to 20 seconds between sets 5-8
Workout 3	6	6	55%	15 to 20 seconds
Workout 4	3	6	60%	15 to 20 sec. between first 3 sets Rest 5 minutes after the third set
	3	6	60%	15 to 20 seconds between sets 4-6
Workout 5	2	12	65%	3 minutes rest between sets
Workout 6	3	<b>5</b>	40%	30 seconds rest between sets
	3	<b>4</b>	50%	
	3	<b>3</b>	60%	
	1	5	70%	
Bold represents explosive reps				
Workout 7	3	<b>5</b>	45%	30 seconds rest between first 6 sets 5 minutes rest after the 6 <sup>th</sup> set
	3	<b>4</b>	55%	
	3	<b>3</b>	65%	30 seconds rest between the last 4 sets
	1	5	75%	
Bold represents explosive reps				
Workout 8	2	<b>5</b>	50%	45 seconds rest between first 4 sets 5 minutes rest after the 3 <sup>rd</sup> set
	1	<b>5</b>	60%	
	1	<b>3</b>	65%	
	1	1	70%	90 seconds rest between the last 3 sets.
	1	1	75%	
	1	5	80%	
Bold represents explosive reps				
Workout 9	1	<b>5</b>	50%	45-60 seconds rest between first 3 sets. 5 minutes rest after the 3 <sup>rd</sup> set
	1	<b>5</b>	60%	
	1	<b>3</b>	65%	
	1	1	70%	90 seconds rest between the last 4 sets.
	1	1	75%	
	1	1	80%	
	1	5	85%	
Bold represents explosive reps				
<p>Workout 10: Repeat workout 9 except for the last set of 5 reps. Instead of using 85% for the last set, use the heaviest weight possible for five reps. Go for a five rep max record.</p>				