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## Progression Training & Explanation

With Progression Training, the goal is to increase the amount of weight being lifted, which means the muscle is getting stronger. The muscle strength and the muscle size are directly related, so if the muscle is getting stronger, the muscle is growing.

### Chart 1A –

The 1 Repetition Max is the maximum amount of weight you can lift one time. On the left side of Chart 1A below, you can see the number of reps you should be able to do based off of your 1 Rep Max. Example: If on the bench press you can press 300 lbs 1 time – this is your 1 Rep Max for the bench press, so 80% of 300 lbs is 240 lbs. This means that you should be able to lift 240 lbs 8 times.

The rest of the chart shows a progression over a 3-week period for your chest, shoulders, and triceps. You can see in week #1 you start with three sets of 8 reps which equals 80% of your max. The desired progression is to increase one repetition until you are capable of doing 10 repetitions at the same weight for all 3 sets. According to the chart on the left, at 10 reps you are now lifting 75% of your 1 Rep Max with this particular exercise. Moving from 8 reps to 10 reps means that you have become stronger and that your 1 Rep Max has now changed to a higher weight. As the muscles get stronger, this is a clear indication the muscles are growing.

This chart suggests you would increase 1 repetition on all three exercises per week. This would be ideal, but it's not normally the way the progression takes place. It may take you 4 to 6 weeks to see this type of increase. Additionally, you may get more results in one area than the others because genetically you have more muscle fiber in one area, or you may have a predominate muscle group that overshadows the others.





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The desire is to continue this process in each one of the areas – chest, shoulders, and triceps – and watch your continual progression as you build Max Muscle.

We have used chest, shoulders, and triceps as the example, but Progression Training works the same with your Back Workouts (back, rhomboids, rear delts, biceps) and your Lower Body Workouts.

If your desire is to balance your body to develop Max Muscle, I have a Max Muscle Program designed specifically for you. You can find the complete Program at [www.RonWilliamsChampion.com](http://www.RonWilliamsChampion.com).

#### **Chart 1B –**

In Chart 1B, we are still working with the chest, shoulders, and triceps. This chart represents three weeks of training. The idea is to focus the first week on your chest which is highlighted in red. On the second week the focus is on the shoulders, and on the third week the focus is on the triceps. During the fourth week it's time to test the goal weight which is the amount of weight you predetermined prior to beginning the progression process.

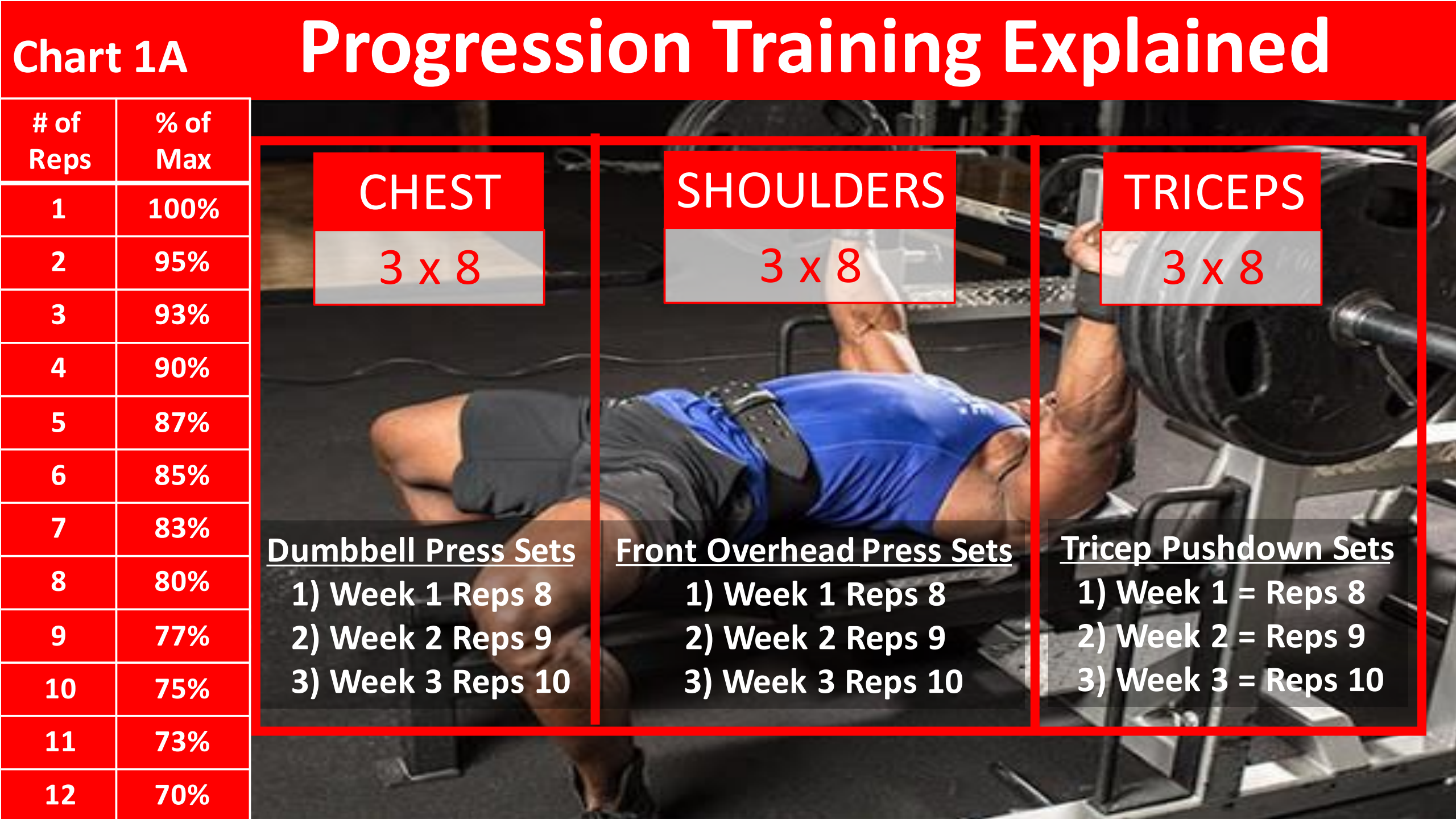
During each workout, the area that is highlighted in red on Chart 1B is the primary area of focus. This is the time where you are pushing toward the 10 reps rather than stopping at 8. If you have completed 8 reps repetitively your goal obviously is to reach 9 which is better than just doing 8, but ultimately your goal is 10 reps.

In the areas that are shaded black, you will notice the chart indicates 3 x 8-10 reps, the reason being is this is not the day you will put your greatest effort and your greatest focus on the number of repetitions in these particular exercises. **Again, whatever muscle group is the major focus for the day is highlighted in red and indicates 3 x 10 reps.**

Remember this is a process, and our goal is to grow and strengthen our bodies in a safe manner. Every person is different so focus on your goals and your progress, run your own race, and enjoy the process of building Max Muscle.

**God bless you,**

**Coach Ron**



# Progression Training Explained

# of Reps	% of Max
1	100%
2	95%
3	93%
4	90%
5	87%
6	85%
7	83%
8	80%
9	77%
10	75%
11	73%
12	70%

CHEST

3 x 8

Dumbbell Press Sets  
1) Week 1 Reps 8  
2) Week 2 Reps 9  
3) Week 3 Reps 10

SHOULDERS

3 x 8

Front Overhead Press Sets  
1) Week 1 Reps 8  
2) Week 2 Reps 9  
3) Week 3 Reps 10

TRICEPS

3 x 8

Tricep Pushdown Sets  
1) Week 1 = Reps 8  
2) Week 2 = Reps 9  
3) Week 3 = Reps 10

Chart 1B

# Compound Movement Exercises & Muscle Groups Focused On



Week #1

Week #2

Week #3

Chest	Intensity	Reps	Chest	Intensity	Reps	Chest	Intensity	Reps
Chest Press	Heavy	3x10	Chest Press	Moderate	3x8-10	Chest Press	Moderate	3x8-10
Incline Presses	Heavy	3x10	Incline Presses	Moderate	3x8-10	Incline Presses	Moderate	3x8-10
Dumbbell Presses	Heavy	3x10	Dumbbell Presses	Moderate	3x8-10	Dumbbell Presses	Moderate	3x8-10
Shoulder			Shoulder			Shoulder		
Front Raises	Moderate	3x8-10	Front Raises	Heavy	3x10	Front Raises	Moderate	3x8-10
Lateral Raises	Moderate	3x8-10	Lateral Raises	Heavy	3x10	Lateral Raises	Moderate	3x8-10
Singles Laterals	Moderate	3x8-10	Singles Laterals	Heavy	3x10	Singles Laterals	Moderate	3x8-10
Triceps			Triceps			Triceps		
Triceps Push Downs	Moderate	3x8-10	Triceps Push Downs	Moderate	3x8-10	Triceps Push Downs	Heavy	3x10
Overhead Triceps	Moderate	3x8-10	Overhead Triceps	Moderate	3x8-10	Overhead Triceps	Heavy	3x10
Reverse Tri Extensions	Moderate	3x8-10	Reverse Tri Extensions	Moderate	3x8-10	Reverse Tri Extensions	Heavy	3x10