Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

LOWER BACK - Burnouts

Method: **Post Exhaustion (Burnouts)**

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy
Moderate - Last reps difficult
Heavy - Last reps need a spot

Time-Reps/rest =

Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

Exercise	Weight Used	Grip/Stance	Bench Angle	Seat Position	Appendage	Sets	Reps	Weight	TIME - REPS / REST		
Dead Lifts						3	10	Heavy	2	2	15
Hyperextensions (Praises)						3	30	Light	2	2	120