Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

LOWER BACK - Negatives

Method: **Negatives**

Eccentric contractions are defined as muscle contractions in which the muscle lengthens as opposed to shortening (concentric contractions). This can be approached purposefully, with the aid of a partner, utilizing maximal weight (30-40% more than one's maximal concentric lift) or it can be done with any regular exercise regimen where the lifter concentrates on the 'down' phase of the lift as well as the 'up' phase. Timing during the lift is very slow, allowing for control, and a minimum amount of time is needed between reps. Time between sets is usually greater, as one needs it for recovery. Example: Bench press with weight exceeding your maximal press, slowly lower the bar to your chest and with the help of a partner return the bar to the starting position. Repeat. Word of caution: Eccentric contractions are known to cause more muscle soreness than concentric contractions, and the risk of injury is much greater due to the large amount of weight utilized!

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		
Hyperextensions (Praises)						3	8	Heavy	2	5	120
Good Mornings						3	6	Heavy	2	4	120