Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Forced Reps

Method: **Forced Reps**

Forced reps are a process that involves working the muscle group to failure. Forced reps take place within a given set and can consist of maximal weight to failure (less reps) or light to moderate weight (high reps). Utilization of a lifting partner is essential to allow full contraction of the muscle to occur. Minimal time is needed between forced reps (as long as full muscle contraction occurs) and time between sets utilizing forced reps is longer to allow greater recovery. Example: Bench press at 90% of max for 6 – 8 reps (employing a partner to help you through the full phase of contraction).

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	
Push Downs CABLE		Reverse Grip Wide			Both Arms/Legs	3	8	Heavy	2	2
Decline Lying Extensions BAR		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	8	Heavy	2	2
Close Grip Flat Press		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	5	Heavy	2	2
Flat Lying Extensions DB		Close Grip (Hands / Elbows / Feet / Toes In)	Flat		Both Arms/Legs	3	8	Heavy	2	2