Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Giant Sets

Method: **Giant Sets**

A giant set usually consists of a number of different exercises, for one particular body part, done in tandem. Set one is performed on one exercise followed by set one on the next exercise and so on. Weight is usually moderate and there is little to no rest between each exercise. After one set, rest can occur for two to three minutes. Example: Triceps pushdowns – overhand grip, followed by triceps pushdowns - underhand grip, then dumbbell kickbacks. The total, composing one giant set.

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		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	15	Moderate	2	2	20
French Curls CABLE		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	8	Moderate/Heavy	2	2	20
Flat Lying Extensions BAR		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Moderate	2	2	15
Close Grip Flat Press		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	15	Moderate/Heavy	2	2	20