Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Partial Reps

Method: **Partial Reps**

Partial reps or restricted range of motion (ROM) sets is similar to Twenty-ones except that the entire set is purposefully done through a partial range of motion. Focus can be either on the concentric or eccentric portion of the partial movement. This can be done anywhere within the normal full range of motion such as at the beginning, the middle, or the end. Weight is usually moderate to heavy and timing between sets is anywhere from 30 seconds to two minutes. Example: Lying Hamstring Curls – a set of 12 reps is done at the top of the normal range of motion, starting from the hamstrings being fully contracted and ending approximately midway through the normal range of motion and repeating.

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		
French Curls CABLE		Reverse Grip Wide			Both Arms/Legs	3	10	Heavy	2	2	100
Cross Bench Dips		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	8	Heavy	2	2	90
French Curls CABLE		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	8	Moderate	2	2	100
Decline Lying Extensions BAR		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Heavy	2	2	60
Push Downs CABLE		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	15	Moderate	2	2	40