Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - PreExhaustion

Method: **Pre-Exhaustion**

Pre-exhaustion is a method in which a muscle group is isolated, using an isolating movement prior to doing a compound movement (more than one muscle being utilized, or more than one joint involved in an exercise). This method fatigues the muscle being refurbished before it is subjected to "the real" workout. Weight is light to moderate and reps are usually in the higher range. Example: For your chest - cable crossovers (isolating movement), three sets of 20 reps, before doing bench press (compound movement).

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		
Kick Backs DB		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	20	Light/Moderate	2	2	30
Close Grip Flat Press		Close Grip (Hands / Elbows / Feet / Toes In)			One Arm/Leg	3	8	Moderate/Heavy	2	2	60
Decline Lying Extensions DB		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Moderate	2	2	30
Cross Bench Dips		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	15	Heavy	2	2	90