Dr. Willey's Transformations

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Stalled Reps/Sets

Method: **Stalled Reps/Sets**

This method involves stopping the movement somewhere in-between the starting and finishing positions, stalling there for a given time period, and then finishing the movement. This can be done at the beginning of the movement, midway through the movement or near the end. Stopping the movement at the end of the movement is not as beneficial unless resistance is still present (i.e. with a cable system). The "stall" lasts anywhere from 3 to 10 seconds and can occur at a given point all the time, or at an alternate point each time. Rest between stall sets is user-dependant but can be anywhere from 30 seconds to two minutes. Example: Preacher curls with a stall at the midway point for 10 seconds before completing the range of motion.

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		
Close Grip Flat Press		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 SMITH MACHINE		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	8	Moderate	2	2	100
Push Downs CABLE		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Heavy	2	2	60