

NEWSFRONT

BREAKTHROUGHS: THE LATEST ON TRAINING, HEALTH & BEAUTY

DON'T STOP:
Multiple sets
work best
for building
muscle
strength.



PHOTOGRAPH BY CORY SØRENSEN

Research tips

For optimal fat loss, follow a hard-to-easy formula for cardio intervals. **pg. 16**

Food news

Are women more prone to a sweet tooth than men are? **pg. 19**

Health briefs

Train smart to avoid carpal tunnel syndrome. Here's how. **pg. 20**

How Many Sets?

IMPROVE STRENGTH GAINS BY TAKING A MULTIPLE APPROACH TO TRAINING.

IT'S THE HOTTEST DEBATE in the strength-training world: single or multiple sets. Now researchers at Institute of Medical Physics at the University of Erlangen in Germany have found that superior strength increases occurred when using multiple-set training. Seventy-one well-trained women were randomly assigned to begin either with 12 weeks of the single-set or the multiple-set periodized, high-intensity training protocol. After the initial 12 weeks, all subjects followed a five-week non-periodized, low-intensity lifting regimen; then the training groups switched. Body mass, body composition, and 1 repetition maximum (1RM) values for leg press, bench press, rowing, and leg adduction were measured before and after each period. The multiple-set training resulted in a 3.5% to 5.5% increase for all strength measurements, whereas single-set training resulted in decreases of 1.1% to 2.0%. But remember, both protocols have a place in your training. Choose a multiple-set or a single-set regimen based on your goals and exercise level. Our next issue will address this topic in greater depth.

A Sample Leg Program

WONDERING HOW TO MAKE THE FINDINGS OF THIS STUDY WORK FOR YOU?

THE GRAPH BELOW is a three-month periodized leg and glute program, where each month you change the training focus to keep your muscles guessing — and responding.

MONTH 1: STRENGTH

EXERCISE	SETS	REPS
Smith-Machine Squat	4	15, 12, 10, 8
Leg Press	4	10, 10, 8
Dumbbell Romanian Deadlift	3	10, 8, 8
Leg Extension	2	10, 8, 8

MONTH 2: MUSCLE GROWTH

EXERCISE	SETS	REPS
Barbell Squat	4	15, 12, 10, 10
Hack Squat	3	12, 10, 10
Dumbbell Lunge	3	12, 10, 10
Lying Leg Curl	3	12, 10, 10

MONTH 3: MUSCLE ENDURANCE

EXERCISE	SETS	REPS
Leg Press Machine	4	15-20
Leg Extension	3	15-20
Seated Leg Curl	3	15-20
Adductor Machine	2	15-25
Abductor Machine	2	15-25