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| --- | --- | --- | --- | --- | --- | --- |
| Modality | Outcome | Load | Reps | Sets | Rest | Pre-req |
| Explosive Strength | Increase velocity/ Power Development | Low-Moderate | 3-6 | 3-5 | 3+ Mins (Complete) | High levels of Strength |
| Strength | Increase Force Development | Heavy  <85% 1Rm | 1-6 | 3-8 | 2+ Mins | Minimum 2years Training and Capacity Level High |
| Functional Hypertrophy | Increase Muscle Cross Sectional Area | Moderate  70-85% 1RM | 6-20+ | 3-6 | 90s-120s |  |
| Tissue Robustness | Tissue Tolerance/ Capacity | Low | 15+ or Timed 30s+ | 3-6 | Minimal |  |

**Maximum strength**

Defined as the expression of maximum force. Strength training induces neural changes and muscular coordination patterns. Whereby, the efficiency of the nervous system to coordinate the musculature is enhanced. Categorized by lower volumes of work at a high percentage of max (85%+) with full rest.

**Hypertrophy**

Term to describe an increase in contractile elements of muscle. Precursor to strength training to increase muscle cross sectional area and therefore strength potential. It is the increase in sarcomeres (force producing machinery) in parallel that contribute to the increase in force potential. Hypertrophy is dictated by the manipulation of the three training variables to induce either metabolic stress, mechanical tension or muscle damage. Categorized by higher volumes of work at a lower percentage of max (50- 70%) with incomplete rest.

**Tissue Robustness**

Low load, high volume work. Capacity based a prerequisite to strength training. Normally time based or high reps. Places high mechanical tension ton the muscle and tendon structures.