



### *Spice Up Your Training – Different Training Routines*

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Anyone who trains on a regular basis knows that feeling when your workouts start to get stale. You begin to lose interest in your normal routine and look for a way to spice things up. Not only are you psychologically bored but also physiologically bored. Your body has maxed out on your current routine and you do not see improvements in strength or increases muscle mass anymore. Here is a list of a few ways to spice up your routine and provide a different stimulus to your body.

#### **Complex Training**

Start with a high force movement followed directly by a high velocity movement. This technique works best when the two exercises are similar movement patterns such as lunges followed by lunge jumps. Complex training is a great way to improve strength and explosiveness.

Examples: Back squats followed by box jumps, barbell bench press followed by explosive push ups, or pull ups followed by medicine ball slams.

#### **Post Fatigue**

The post-fatigue method consists of adding a less complex movement (an isolation exercise) after your main movement (a compound exercise) to fully stimulate and fatigue the targeted muscle group. These two exercises are performed back-to-back with no pause in between them. The post fatigue method is great for developing size.

Example: Dumbbell bench press followed directly by chest flys.

#### **Cluster Sets**

This consists of a series of single repetitions with a load about 90-95% of your maximum with 10 to 20 second pause between repetitions. Your goal should be to aim for 5 to 10 singles within one set. This technique is great if you are looking to improve maximal strength.

Example: Deadlift 1 rep at 95% of max, rest 15 seconds, perform second rep, rest 15 seconds, repeat 4 more times (6 total repetitions).

### **Medium Rep Cluster Sets**

This is the same technique as the cluster sets; however, it is performed with larger volumes. Instead of doing heavy singles, your goal is to lift 2 to 6 repetitions consecutively before resting 10-20 seconds and repeating the lift again. Medium rep cluster sets are great for stimulating anabolic hormones to increase muscle size.

Example: 3 repetitions, 15 second rest, 3 repetitions, 15 second rest, repeat 2 more times.

You can also structure your routine so it follows a descending cluster set pattern.

Example: 5 repetitions, 15 second rest, 4 repetitions, 15 second rest, 3 repetitions, 15 second rest, and finally 2 repetitions.

### **Complexes**

Link a series of movements together with the same weighted implement (barbell, kettlebells, or dumbbells are great for this technique). This is a great method to get a lot of work done in a short period of time. Not only is it great for building size and improving strength, it turns into an intense metabolic conditioning workout as well. I love to do full-body routines with this technique.

Example: Using the same set of dumbbells – hang cleans X5 repetitions, high pulls X5 repetitions, shoulder press X5 repetitions, bent-over rows X5 repetitions, forward lunges X5 repetitions per leg.

Every three to five weeks you should change up your workout routine in order to see consistent improvements. These techniques listed above should help aid in developing a new training program.