

TAKE YOUR STRENGTH TRAINING PROGRAM IN THE WELLNESS CENTER TO A NEW LEVEL BY USING THE DROP SET ROUTINE.

Participate in the drop set challenge and enter your name into a drawing to win a swag bag and two 30-minute personal training sessions.

How to participate:

- Download the Drop set chart off the Y's website or pick up chart in the wellness center.
- Complete the chart and drop off at the Wellness center
- Charts will be collected until August 27th

What are drop sets?

A drop set is the simple technique where you perform a set of any exercise to failure or just short of failure, then drop some weight and continue for more repetitions with the reduced poundage. This muscle blasting technique has gone by many different names including breakdowns, triple descending sets, down the rack, or strip sets technique.

Drop Sets With Selectorized Machines

Drop sets are easier with machines. All you have to do is pull the pin out of the weight stack and move it up to a lighter weight and do two more sets.

How to perform drop sets:

Begin With a weight where you can only do Eight to Twelve Rep Max. It's not enough to keep the reps in the eight to twelve range. It's got to be a eight to twelve rep MAX, not just eight to twelve reps. If you start with a weight that's too light, you'll achieve little more than muscle pumping and flushing with the drop set technique. A true twelve rep max means that you can't do a thirteenth rep. You should reach failure or close to it with each weight before stripping off weight.

- Drop the weight by 10% to 20% with no rest in between sets
- Do another set as many reps to muscle failure
- Repeat #2 drop weight 10% to 20% no rest & do another set as many reps to failure.
- Combine your regular workout routine with Drop set routine

Ask our fitness trainers to assist you in the drop set routine.

SUMMER STRENGTH CHALLENGE 2021

DROP SET



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Machine #	Seat Height	Other Height	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps	Weight /Reps
WEEK 1	Leg Press	2												
	Lat Pull Down	6												
	Tricep Press	12												
	Ab Crunch	16												
WEEK 2	Seated Leg Curl	3												
	Chest Press	8												
	Bicep Curl	13												
	Back Extension	14												
WEEK 3	Leg Press	2												
	Lat Pull Down	6												
	Tricep Press	12												
	Ab Crunch	16												
WEEK 4	Seated Leg Curl	3												
	Chest Press	8												
	Bicep Curl	13												
	Back Extension	14												