



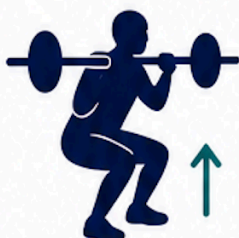
METABOLISM-U PERFORMANCE BLUEPRINT SERIES

SERIES

#8

RESISTANCE TRAINING: THE DIFFERENCE BETWEEN SETS, REPS AND BLOCKS

1 REPS (REPETITIONS)



Definition: A rep is one complete movement of an exercise—from start to finish.

Example: One squat down and back up = 1 rep

FOR HYPERTROPHY:

- 6–15 reps per set
- Last 2–3 reps should feel challenging

This is where muscle stimulus begins.

2 SETS



Definition: A set is a group of consecutive repetitions performed without stopping.

Example: 10 squats in a row = 1 set

FOR HYPERTROPHY:

- 2–4 sets per exercise
- Multiple sets increase total muscle stimulus

Sets build total training volume.

3 BLOCKS (TRAINING STRUCTURE)

Definition: A block is a structured group of exercises, sets, and reps organized within a workout and across a training week.

TYPES OF BLOCKS



Workout Block: a group of exercises performed in one session (e.g., upper body or push workout)



Training Block: a structured plan over time (e.g., 4–8 week program)

WEEKLY STRUCTURE (CRITICAL FOR MUSCLE GROWTH)

Train every major muscle group at least 2 times per week.

- ✓ Chest
- ✓ Back
- ✓ Legs
- ✓ Shoulders
- ✓ Arms

EXAMPLE APPROACHES

- Full body workouts (3x/week)
- Upper / Lower split (4x/week)
- Push / Pull / Legs (5–6x/week)

Blocks organize your training so each muscle is stimulated frequently and consistently.

4 TEMPO & REST (CRITICAL FOR GROWTH)



TEMPO (SPEED OF MOVEMENT)

Definition: The speed at which you perform each rep.

- 2–3 seconds lowering (eccentric)
- Controlled lift (no momentum)

Slower tempo = more muscle tension.



REST BETWEEN SETS

Definition: Time between sets allowing partial recovery.

FOR HYPERTROPHY:

- 60–90 seconds between sets

Balances recovery and muscle fatigue.

5 HYPERTROPHY FORMULA (PUTTING IT TOGETHER)



- 10 REPS:** 6–15 per set
- 3 SETS:** 2–4 per exercise
- 1 TEMPO:** Controlled (slow lowering)
- 1 REST:** 60–90 sec between sets
- 2 FREQUENCY:** Train each muscle group 2x per week

Consistent stimulus + recovery = muscle growth.

6 SAFETY FIRST (NON-NEGOTIABLE)



- ✓ Prioritize form over weight
- ✓ Use controlled, stable movements
- ✓ Avoid using momentum (don't swing your entire body when lifting)
- ✓ Stay within a pain-free range of motion



Before starting a resistance training program, especially if you're older:

- Consult with your personal healthcare provider
- Consider a few sessions with a qualified personal trainer

Train smart to stay consistent and injury-free.