

## *Beautiful to the Core's*

### “Never do the Same Workout Twice” Workout Variations Guide

<b>Muscle Group</b>	<b>Equipment</b>	<b>Type of Sets</b>	<b>Focus of Contractions</b>
Shoulders	Dumbbells	Straight Set	Concentric
Biceps	Cable Column	Super Set	Eccentric / Negatives
Triceps	Machine	Drop Set	Partial
Chest	Bands	Pyramid Set	Isometrics
Forearms	Bodyweight	Tri Set	Plyometrics
Glutes	Barbell	Time Under Tension Set	
Quads	Stability Ball		
Hamstrings	Foam Roller		
Calves	BOSU		
Inner Thighs	Kettlebells		
Back	Medicine Ball		

# *Beautiful to the Core's*

## “Never do the Same Workout Twice” Workout Variations Guide

### KEY

**Straight set** = The standard method for lifting. You perform 3-4 sets of the same weight. (example: 3 sets of 12)

**Super set** = With super sets you pair two exercises and do not take a rest break between the two. (example: 3 sets of bench press paired with pushups)

**Drop set** = Drop sets are intense and used to increase muscle endurance and mass. You lift until muscle failure, then drop the weight, and lift again until muscle failure, and repeat until you cannot go anymore. (example: bicep curls with 25lbs until failure, then 20lbs until failure, then 15 lbs until failure, etc.)

**Pyramid set** = Pyramid sets allow you to gradually warm-up as you increase the amount of weight you use with each set (example: 1 set of 12 with 20lbs, 1 set of 10 with 25lbs, 1 set of 8 with 30lbs, etc.)

**Tri set** = This is like super sets, except now you are combining 3 exercises together without a rest break between the three. (example: 3 sets of bench press combined with pushups combined with cable cross-overs)

**Time Under Tension set** = TUT is the total time a muscle resists weight during each set. The ideal TUT is at least 40 seconds for muscle mass. (example: If you perform a bicep curl going up for 1 second and down for 4 seconds, you would need to perform 8 reps back to back without a second of a break to equal 40 seconds total for that set)

**Concentric** = Muscle contraction when the muscle itself is shortened. (example: focus your time on a bicep curl on the way up)

**Eccentric / Negatives** = Muscle contraction when the muscle itself is lengthened. (example: focus your time on a bicep curl on the way down)

**Partials** = Performing an exercise through only part of the range of motion. (example: the 21's exercise involves doing bicep curls in the bottom range 50% range 7x, then the top 50% range 7x, and then the full 100% range 7x)

**Isometrics** = Isometric is a muscle contraction without movement. (example: a wall squat just holding the squat for a long period of time)

**Plyometrics** = Plyometrics, or jump training, is the repeated stretch and then suddenly contracted muscle (ex: jump squat)