**Resistance Training**

Hypertrophy, Power, Tempo Styles

Progressive Overload

Hi Team, by now you have probably heard me say over and over again how important resistance training is to our programming. Now that you know that, I want to open you up to the different types of resistance training that you may incorporate into your program. Like anything, there’s variance and depending on the goal, you may want to execute one style over another. Remember that any movement is good movement and finding the styles of things that you like to do and will do consistently is key. Once you have an idea of that, then we might look into things like this.

Progressive Overload is when you gradually increase the weight, frequency, or number of repetitions in your strength training routine. This challenges your body and allows your musculoskeletal system to get stronger. This is why we track weight and reps and seek to gradually and intentionally increase them. This keeps the body challenged and thus, improving.

For one style of progressive overload, we have power training. I touched on this in our training styles talk, but I’ll explain more now. Power training is seeking to increase just that, sheer power of the body. We do this through repetitive, heavy lifts. This is heavy lifts, low reps. We may typically work at about 60-70% max for reps of 8-12, which is great for strength and overall forma and function; but power will have you at 80%+ for 3-5 reps and pushing max much, more often than not, in deadlift, bench, and squat. The goal here is how heavy can I go for a short period, establishing a higher power threshold.

Hypertrophy style is the opposite of power, super high rep with moderate weight and this focus is to improve the size and shape of the muscle fibers themselves. This is a super calorically expensive way to train, and you are really pushing to “gas,” or to use as much of your muscle fuel as possible, each set. You may be pushing to failure each set here and really wanting to “burn” the muscles out. The idea here is to gas them and heal them well, to improve that size and shape. You will build strength here, of course, but at a slower rate than with a traditional style.

Tempo and/balance work. Tempo work is when we are doing our exercises and slowing them down. This may bring a short hold in at the top or bottom of a movement to challenge your supportive muscles and increase your ability to balance and increase control over the movements. No lift should be done super-fast anyway but say we go from a traditional squat where you move down into it then immediately up; instead, drop into it, hold for 1-3 seconds, then explode out of it. That’s tempo work. This adds a challenge to the stabilizer muscles and you in terms of mental timing and control. The more we slow our movements down, especially weighted ones, the more challenging they become. You’ll want to add some tempo work into your routine regularly to make sure you are keeping control and all of your muscles, even the “little” ones, are growing together to keep you supported fully. Tempo work is a more advanced style of training so please make sure you’re ready and that you’re using a weight that is safe to manage.

The moral of the story: never stop challenging yourself and your body.

Pro tip: if you don’t “like” to do something, that’s probably where you need to focus you efforts. We don’t like things that are hard for us and the only way to make something easier to us, is to master it through repetition.

What is in your way, is the way. I hope this helps! Hit me up and let’s talk if you want to explore more about all of this.

Love you! #acadamifitness

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