

Horizontal Sequence: all sets of one exercise are completed before beginning a new exercise.

Vertical Sequence: Several exercises grouped together and performed one set after another. Example: Circuit Training.

Split Routine: Specific muscle groups are trained together on certain days of the week, depending on personal goals. Examples: Split between upper and lower body exercises, or split between push/pull exercises.

Pyramid System: For each set of a particular exercise, the weight used is increased but the number of repetitions is decreased, and you may go up or down the pyramid by starting with lighter weights then moving to heavier weights, or vice versa.

Percentage System: Exercise is performed based on a particular percentage of 1RM.

The Delorme System: Good for beginners; the 1st set of an exercise is performed at 50% of the person's 10 Rep Max, 2nd set at 75% of 10RM and 3rd set at 100% of 10RM.

The Tonnage System: Keeping track of the total amount of pounds lifted during a particular exercise or training routine. Multiply the weight used by the number of repetitions.