

File Created by [Blogging Rebirth](#) WP Plugin

# **Myo-reps Part 4 - Simplified Routine For Muscle Gain**

## Myo-reps part 4 - Simplified Routine For Maximum Muscle Gain

This is the google translated version, with changes made by me only when google couldn't find the right words (not that I can read Norwegian, but because I can understand physiology and make a good guess at what Borge meant). Any mistakes in translation or understanding are entirely mine.

You can find the original page in Norwegian [here](http://myrevolution.no/myo-reps-del-4-baseversjonen/)  
<http://myrevolution.no/myo-reps-del-4-baseversjonen/>

By [Børge Fagerli](#) ·

I had originally planned to end the series of articles about Myo-reps with [part 3](#) (you can find [Part 1](#) and [Part 2](#) by clicking these links), but based on feedback and questions I decided to write part 4, which will give you a basic version and two examples of the training program .

I have a tendency to explain my methods, both to the theoretical basis, practical implementation, but also to catch up and answer all possible questions before they arise, instead of responding to them in retrospect . I've realized that it quickly becomes a problem - there is information overload and people are at different levels of understanding and experience, so those who do not understand all the details end up confused and lose interest.

Therefore I present here in Part 4:  
Base Revision

Myo-reps is simply a method where you train all the way to (or near) the point of exhaustion in order to ensure maximum muscle fiber activation with so-called activation sets, and you maintain this activation with short rest breaks and short sets in the subsequent Myo-reps sets before you finish the exercise.

The notation on the Myo-reps, for example, 9-12 + 15 reps at a certain time in the training phase [George: 9-12 reps for your activation set, followed by a total of 15 myo reps split up over 4-6 mini sets, please read part 1 or part 2 to see a full explanation of this].

The activation set is the very first set of 9-12 reps. This activation set is to be pushed to NEAR fatigue, which means that it will be hard to complete the set - but not so heavy that someone has to help you or that you have to torture yourself or cheat to complete the last repetition. Stop when it goes noticeably slower from one repetition to the next, or when you know from experience that you couldn't do a rep more.

Put down the weight, and now you must complete the number of reps that is AFTER the + sign. This is divided into short rest breaks and a few repetitions per set. It's a Myo-reps series of mini sets, which are short series (sets) of 1-5 reps depending on how heavy the weights are, and with a balance between rest and exercise to exhaustion to allow the weight "working" the muscle to a high level of activation. Here you will, in other words, train as effectively as possible instead of as much as possible.

Rest breaks are kept short by limiting you to about 5-10 deep breaths before continuing Myo-reps series (one in and out = a deep breath). Breathe 5 times when it is very easy, breathe 10 times when it starts to get heavy so you get longer rest breaks. This is easier than looking at the clock, but if you prefer, you can calculate 10-20 seconds as a guideline rest period.

5 seconds is fine if it's very easy, 30 seconds if it is very heavy - this we know and there are no fixed rules. The goal is max activation for each mini set.

I use a + to indicate a pause where you put the weight from you.

Myo-reps set will look like in practice:

10 reps (activation set) +3 +3 +3 +3 +3 (you have now done 15 reps as the figure after the + sign)

All these repetitions will be more effective compared with taking a long break between sets and then having to "start again" on the next set to reach full muscle fiber activation, EMG studies also confirm.

The key will still be required over time can increase the weights you lift, and to achieve that we have to train just enough to provide a [training effect](#), but not so much that we fail to recover from workout to workout. Because if we don't recover then we will not be able to fulfill the first point of training, which is increasing the weights!

You begin a training phase with an activation set of 20-25 repetitions. If you have trained for a while, or run through a full practice session with Myo-reps already, you can start the new training phase at 2-15 reps.

On the base lift, where you use multiple muscle groups at once, aim for 15 in the Myo-reps series (such as 5 +5 +5 or 3 +3 +3 +3 +3).

When you come in heavier weights, aim for 10 (5 +5 or 3 +3 +3 or 2 +2 +2 +2 +2).

The isolation exercises where you use only 1-2 muscle groups at once or when you take two exercises for the same muscle group, aim for 10 Myo-reps in the series.

At heavier weights, take five (2 +2 +1 or 1 +1 +1 +1 +1).

Squat, [front squat](#), [deadlift](#) and partly also bent over rowing, these lifts are dependent on proper alignment and tensioning to avoid injuries. When you train so near to exhaustion as you do in Myo-reps, it can be easy to lose the technique of these exercises, so to be on the safe side I recommend that you exercise in the common style set of long rests here, and not Myo- reps.

2-3 sets of 9-12 reps with 2 min break, instead of 9-12 + 15 for example.

Right at the start of the training phase with light weights, I can recommend outcomes / Bulgarian outcomes and ettbeins [leg press](#) / deadlift straight, or dumbbell exercises and computer exercises. When you start to lift heavier weights in the range 9-12 reps and heavier can and should introduce more base lift rod [George; I think he is saying here that it makes sense to start your higher rep training with exercises that lend themselves to higher reps and lower weights, eg leg press, straight leg deadlifts etc].

Let me just remind you that these are my recommendations for the basic version for you to gain experience with Myo-reps. How you regulate the amount of exercise and the number of repetitions from exercise to exercise and training programme to training programme I explained in the section on fatigue point in [part 2 of article series](#) , and you can read and try out the progressions as you gain experience with Myo-reps in the base version.

Let's look at a practice session from beginning to end. All + denotes these short rest breaks where you put the weight up and take 5-15 deep breath before continuing. You will increase the weights about 5% from week to week. More about the strain progression can be found in Part 3

You will see that the number of reps in Myo-reps series after activation set will also go down as the weights get heavier from week to week.

Week 1: 20-25 20 performed as 20-25 + 5 + 5 + 5 -5 (5-10 breathing pause)

Week 2: 15-20 15 performed as 15-20 + 5 + 5 + 5 (5-10 breathing pause)

Week 3: 12-15 16 performed as 12-15 + 4 + 4 + 4 + 4 (10 breathing pauses)

Week 4: 9-12 15 constructed as 9-12 + 3 + 3 + 3 + 3 + 3 (10-15 breath pause)

Week 5: 9-12 15 constructed as 9-12 + 3 + 3 + 3 + 3 + 3 (10-15 breath pause)

Week 6: 6-9 10 performed as 6-9 + 2 + 2 + 2 + 2 + 2 (15-20 breath pause)

Week 7: 6-9 10 performed as 6-9 + 2 + 2 + 2 + 2 + 2 (15-20 breath pause)

Week 8: avlastningsuke / deloading see the next section.

In certain muscle groups (especially the ones you want to prioritize) you can take an extra exercise. This can be

run in a higher reps range, 15-20 or 12-15 + 10 + 10  
Take a 2-5 minute pause between the two exercises.

You can also run this same exercise as a drop set, where you first train the heaviest set, take off 10-20% weight and then a brief pause before running a new set.

Do not do this on all muscle groups, choose either one or two, maximum three muscle groups that you will prioritize for each phase.

These are only examples and guidelines, remember that!

As long as you are get the correct number of repetitions on the activation set (before the + sign), and the correct number of reps (+15 or +10) in the Myo-reps range, and increase the weights from week to week, then you'll do it right.

Avlastningsuke and hvileuke [Rest and Deloading]

Now we have trained 7-8 weeks with Myo-reps, and many may feel that they are tired while others still feel that they can have continued strength increases. If you are tired, you can now take a week with 10-20% lighter weights WITHOUT Myo-reps and just work out 2-3 common sets of 6-9 reps and longer rest breaks in between.

You can also cut down to just two training sessions this week, and experiment with some other exercises if you want.

This is called deloading or avlastningsuke / recovery week on the Norwegian well. Once you have received some training experience you will soon find out how many weeks you can work uninterrupted until you need such a deloading, but it is better to take deloading BEFORE you feel you need it, than after you have met Mr Wall.

If you have gone on a diet, it is now time to eat more food!

There are also many advantages to taking a week completely training free, and then a week of normal training without Myo-reps, and then start the new training phase. So two weeks deloading. This is recommended if you have trained more than 6 consecutive months.

You can now choose whether to extend the training period by continuing where you left off, going to 4-6 reps or start a new training phase again - this time on 9-12 or 12-15 reps weights. Along the way, you have better knowledge of how Myo-reps works and feels in the muscles, you have hopefully read part 2 and 3 of this article series both one and several times, and can now begin to fine tune the amount of exercise and the progress from week to week.

Examples of training

Now you get two proposed training programs

The first is a 3-day program which - surprise, surprise - is more than 3 days a week - Monday, Wednesday, Friday is popular, and you will see that the layout is similar to 5 x 5 programs located in another article.

Remember that you should work out 2-3 regular (non myo-reps) set of squats, front squat and deadlift, 15 reps on the Myo-series on the chest, back and shoulders, and 10 on the biceps, triceps and legs.

Day 1

Legs - Leg Press (one leg when you train light weights), or squat.

Bench press or dips for the chest (lean forward, elbows slightly, do not stretch out completely on top) - [see my article on the best exercises for chest](#) [George: This links to his page with some good vids showing how chest exercises should be done]

Rowing - sitting or bending forward with a rod, cable, machine, or manually.

Bicepcurl - Add (seated or standing, preferably for a year and a leg so you do not have to spend so much weight on the rod / machine)

#### Day 2

Deadlift or straight leg deadlift

Shoulder Press with dumbbells (recommend that you stop just above head height and not extend fully on top), Børge pressure[No idea what this is!], and / or [sidehev \[45 degress lateral raises\]](#)

Chins or pull down

Narrow bench press or dips for triceps (upper body straight up, elbows to your body, go halfway down and stretch out on top)

#### Day 3

(Decline) Bench press or dips for chest

Forward Curved or seated rowing

Basic - Goal Variations of frontquat or squat

Bicepcurl

Adds (standing)

#### 2-split

The next example program runs over 4 days. Here I have selected a 2-split by the body and legs. I place the biceps along with the bones [Legs], because they stand to be trained more frequently, and many have some extra motivation to pump his arms before climbing on the heavy leg exercises. Of course it's okay to cut out arm training (guess none of the guys will do it ...) or take it on Day 1 and 3 together with the rest of the body.

#### Day 1

(Decline) Bench press or dips for chest

Forward Curved or seated rowing

Shoulder Press with dumbbells (recommend that you stop just above head height and not extend fully on top) and / or sidehev [45 degree lateral raise]

Chins or pull down

Narrow bench press or JM-press/triceps extensions

#### Day 2

Bicepcurl

Deadlift deadlift or straight

Outcome Variations of leg presses

#### Day 3

Shoulder Press with dumbbells (recommend that you stop just above head height and not extend fully on top) and / or sidehev

Chins or pull down

(Decline) Bench press or dips for chest

Forward Curved or seated rowing

Narrow bench press or dips for triceps

#### Day 4

Bicepcurl

Squat or frontquat

EZ curl

I hope that everyone understands how easy Myo-reps really are and how they can set it up in a single application. Go back and read [part 1](#), [2](#) and [3](#) again when you have more experience with Myo-reps, where you can find tools that allow you to adjust and fine tune you even closer to the optimal training program.

I guarantee startling and dramatic results in the future!

Børge A. Fagerli  
MyRevolution Coach Team  
[Share on Facebook39](#)

Thanks for Borge for that, you can also see more of his articles on this site here (Parts [1](#), [2](#), [3](#), [4](#)). You can see some of my training programs [here](#).

**And now you can get some free coaching for YOUR myo-reps journey. Just fill in the form below and we will get started!**

\* Email

First Name

View my [publisher profile](#).

\* = Required Field

//

[Email Marketing](#) You Can Trust

You can also find this article published on [Myo-reps Part 4 - Simplified Routine For Muscle Gain](#), and on the tag pages [Auto-regulation](#), [Borge Fagerli](#), [Deadlift](#), [Deloading](#), [Health](#), [Hypertrophy](#), [maximum muscle gain](#), [Myo Reps](#), [Physical exercise](#), [Squat \(exercise\)](#), [strength](#), [Training](#), [Weight training](#).