

DOUBLE DROP

FATIGUE
STRESS!
FATIGUE

FOUR EXERCISES, LOTS OF SETS. TIMES TWO. GET READY TO HURT IN THE NAME OF GROWTH.

There aren't many certainties in life, but we can say with a certain degree of authority that your body will experience all of the above during our dropset workout. However, there's no need to run for the hills, for you should also enjoy more muscle growth and protein synthesis, too.

"This workout is based on the benefits of drop sets," writes Allister McMaster, former professional rugby player turned level 2 and level 3 personal trainer. "Drop sets have the benefit of fatiguing the muscles in a short period of time and using even the most stubborn fibres. Bodybuilders can't always manage to utilise all the muscle fibres within the muscle group they're targeting, but drop sets resolve that problem. No fibre is spared.

"The mechanical tension you experience is a result of the intensity of the load and time under tension. This causes

muscle fiber damage, which results in maximal motor recruitment and greater muscle growth," Allister explains.

"The local muscle damage caused by this kind of training results in inflammation, which in turn leads to the production of growth factors that stimulate protein synthesis and muscle building. The metabolic stress from a build up of lactate due to anaerobic energy production triggers the release of the most anabolic hormones (testosterone and growth)."

So, without further ado, here's your hypertrophy double set of drop sets. On the third set, Allister recommends dropping your weight by 20% and repping out to total failure. Then, drop 20% of the weight again and rep out to failure.

You can find out more about Allister's gym by visiting www.astarpt.co.uk

FLAT BENCH PRESS



SETS / REPS
3 X 8

REST
90
SECONDS

SEATED HAMMER CHEST PRESS



SETS / REPS
3 X 8

REST
90
SECONDS

DECLINE DUMBBELL PRESS



SETS / REPS
3 X 8

REST
90
SECONDS

PEC DECLINE



SETS / REPS
3 X 8

REST
90
SECONDS