



BPF TECHNIQUES LAB

SMARTER TRAINING. BETTER RESULTS. FASTER.

Training techniques help you get more out of your workouts.

USE THEM INTENTIONALLY.



1 STRAIGHT SETS

Perform best exercise in traditional sets with rest.



BEST FOR

- Strength
- Muscle Gain

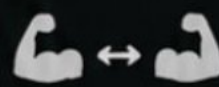
3-4 SETS
• 6-12 REPS
60-120 SEC REST

EXAMPLE: Bench Press



2 SUPERSETS (AGONIST)

Pair two exercises that work the same muscle group back-to-back.



BEST FOR

- Muscle Gain
- Time Efficiency
- Pump

EXAMPLE: Chest Press + Push-Up

3-4 SETS
• 8-15 REPS EACH
30-60 SEC REST



3 GIANT SETS

Perform 3-5 exercises in a row for the same muscle group with little rest.



BEST FOR

- Muscle Endurance
- Calorie Burn
- Conditioning

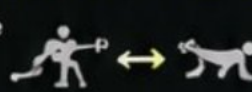
3-4 ROUNDS
• 10-15 REPS EACH
30-60 SEC REST

EXAMPLE: 5-Exercise Leg Giant Set



4 ANTAGONIST SUPERSETS

Pair opposite muscle groups together (back-to-back).



BEST FOR

- Balance
- Muscle Gain
- Joint Health

EXAMPLE: Bench Press + Bent-Over Row

3-4 SETS
• 8-12 REPS EACH
60-90 SEC REST



5 DROP SETS

Reduce the weight after failure and continue without rest.



BEST FOR

- Muscle Growth
- Intensity
- Breaking Plateaus

3-4 SETS
• 8-12 REPS + DROPS
0 SEC REST

EXAMPLE: Leg Press



6 REST-PAUSE SETS

Do a set to failure, rest 10-20 sec, then perform more reps. Repeat 2-3 times.



BEST FOR

- Strength
- Muscle Growth
- Intensity

EXAMPLE: Chest Press

2-3 SETS
• 4-8 REPS + PAUSES
10-20 SEC REST



7 PYRAMID SETS

Increase or decrease weight each set while changing reps.



BEST FOR

- Strength
- Power
- Progressive Overload

4-6 SETS
• (12, 10, 8, 6, 4 REPS)
90-120 SEC REST

EXAMPLE: Barbell Squat



8 TEMPO REPS

Control the speed of each rep for more muscle tension.

4 - 1 - 2 - 1

ECCENTRIC PAUSE CONCENTRIC PAUSE

BEST FOR

- Muscle Growth
- Control
- Mind-Muscle Connection

EXAMPLE: Dumbbell Squat (4-1-2-1)

3-4 SETS
• 8-12 REPS
60-90 SEC REST



9 PAUSED REPS

Pause in the hardest position to build strength and eliminate bounce.



BEST FOR

- Strength
- Control
- Power

3-4 SETS
• 4-8 REPS
90-120 SEC REST

EXAMPLE: Pause Squat



10 EMOM

Every Minute On the Minute. Perform the required reps at the start of each minute.



BEST FOR

- Conditioning
- Muscle Endurance
- Time Efficiency

EXAMPLE: EMOM Push-Ups

10 MINUTES
• 8-12 REPS EACH MIN
(REST REMAINDER)



11 AMRAP

As Many Rounds/Reps As Possible in a set time.



BEST FOR

- Conditioning
- Endurance
- Mental Toughness

10-20 MINUTES
• AS MANY ROUNDS
AS POSSIBLE

EXAMPLE: AMRAP Circuit



12 CIRCUIT TRAINING

Complete a series of exercises in sequence with minimal rest.



BEST FOR

- Fat Loss
- Conditioning
- Endurance

EXAMPLE: Full-Body Circuit

3-5 ROUNDS
• 10-15 REPS EACH
30-60 SEC REST



13 DENSITY TRAINING

Get more work done in the same amount of time.



BEST FOR

- Strength
- Muscle Gain
- Work Capacity

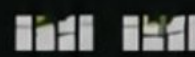
1 EXERCISE
• 40 REPS
FOR TIME

EXAMPLE: 40 Reps as Fast as Possible



14 CLUSTER SETS

Break a heavy set into mini-sets with short rest between.



BEST FOR

- Strength
- Power
- Heavy Loads

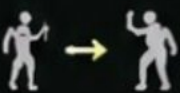
EXAMPLE: 5x3 Cluster (3+3+3+3)

5 REPS TOTAL
• (3+3+3+3)
15-20 SEC REST



15 PRE-EXHAUST

Do an isolation exercise before a compound to pre-fatigue the muscle.



BEST FOR

- Muscle Growth
- Mind-Muscle Connection

3-4 SETS
• 10-15 REPS
60-90 SEC REST

EXAMPLE: Leg Extension → Barbell Squat



16 FINISHER SETS

High-intensity work at the end of your workout to finish strong.



BEST FOR

- Fat Loss
- Conditioning
- Mental Toughness

EXAMPLE: Battle Ropes (30 sec ON / 30 sec OFF)

4-8 ROUNDS
• 30/30 OR 20/10
AS HARD AS POSSIBLE

USE TECHNIQUES IN YOUR WORKOUTS

Not every workout needs every technique. Use them with purpose.

GOAL	BEST TECHNIQUES	EXAMPLE	INTENSITY	FOCUS
Strength	Straight Sets, Pyramid, Cluster Sets, Paused Reps	Barbell Squat 5x5	High	Load & Power
Muscle Growth	Supersets, Drop Sets, Tempo, Pre-Exhaust	Chest/Back Hypertrophy	Moderate-High	Tension & Volume
Fat Loss	Circuits, Giant Sets, Density, Finishers	Full-Body Circuit	High	Calories & Conditioning
Endurance	AMRAP, EMOM, Circuit Training	20 Min AMRAP	High	Stamina & Output
Rehab / Joint Health	Tempo, Paused Reps, Antagonist Supersets	Shoulder Rehab Circuit	Low-Moderate	Control & Balance

COACH TIP: Technique is the multiplier. Good form + smart intensity = long-term results.

