Resistance Training Systems

**Single Set** – Performing one set of each exercise

**Multiple Set** – Performing a multiple number of sets for each exercise

**Pyramid** – Increasing (or decreasing) weight with each set

**Superset** – Performing two exercises in rapid succession with minimal rest

**Drop Sets** – Performing a set to failure, then removing a small percentage of the load and continuing with the set

**Circuit Training** – Performing a series of exercises, one after the other, with minimal rest

**Peripheral Heart Action** – A variation of circuit training that uses different exercise (upper and lower body) for each set through the circuit

**Split- Routine** – A routine that trains different body parts on separate days

**Vertical Loading** – Performing exercises on the OPT template one after the other, in a vertical manner down the template

**Horizontal Loading** – Performing all sets of an exercise (or body part) before moving on to the next exercise (or body part)