

# **THE PHYSIO COACH**

## **Optimal Parameters for Greatest Strength Gains**

1. **Pain-free** with good form
2. **Fatigue** between 6 and 12 repetitions or 10 to 30 second holds  
(or 7 to 8/10 perceived exertion or 70-80% of 1 rep max)
3. **Rest** 1-2 minutes between sets (OR do a different exercise!)
4. Complete **4 sets** (research indicates 3 to 5)
5. Perform only **1** to 2x a **week**
6. Use all your senses—**focus and be intentional!**