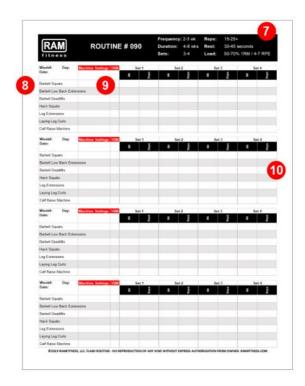
FLASH ROUTINE CHEAT SHEET



- (1) Clear Title and Routine Number: This makes finding your preferred routine a snap.
- (2) Exercises: All exercises in the routine are listed here.
- (3) Target Muscles: Clear illustration of all muscles involved in the routine.
- (4) Details: Here are all the important details of each routine like Goal, Level, and Progression.
- (5) Notes: Important tips.
- (6) More Info QR code: Scan this code for a quick access to this page.



- (7) Summary of Routine: brief summary including all important details.
- (8) Exercise Log: All exercises in the routine listed here.
- (9) Machine Settings / 1RM: Record machine settings and weight 1RM to make subsequent sessions easier and faster to set up.
- (10) Sets: Number of sets match the maximum number of sets for that specific routine.

FLASH ROUTINE CHEAT SHEET

DETAILS	
Goal	Muscular Endurance
Level	Advanced
Sets	3-4
Reps	15-25+
Rest	30-45 seconds
Load	50-70% 1RM / 4-7 RPE
Freq	2-3X Week
Prog	WP+10%
Dur	4-8 weeks
Equip	Pin-selectors, Barbells

Frequency "Freq":

Power/Strength: 2-5 Sessions a week

Hypertrophy/Tone: 1-3 Sessions a week

Muscular Endurance: 2-3 Sessions a week

Progression "Prog":

Weight Progression (WP+10%): This progression is best fit for exercises with weight. Aim to increase the weight load by 10% when you are able to complete the target reps or exceed them by an extra 1-2 reps.

Repetition Progression(RP+2): This progression is best used for exercises that does not involve weights. Aim to increase the number of repetitions by 1-2 reps when you are able to complete the target reps or exceed them by an extra 1-2 reps.

Duration "Dur":

• Power/Strength: 3-4 weeks

• **Hypertrophy/Tone:** 8-12 weeks

Muscular Endurance: 4-8 weeks

Equipment:

List of equipment used in the workout.

Goal:

- Power/Strength: Increase the user's strength and power.
- Hypertrophy/Tone: Increase muscle size (hypertrophy) and tone.
- Muscular Endurance: Increase stamina in repetitive activities and sports.

Level:

- **Beginner:** Very little or no experience with weight lifting or have not done any strength training within a year.
- Intermediate: Has at least 2-6 months experience.
- Advanced: Weight lifting experience of at least one year .

Sets:

Power/Strength: 1-6 sets

Hypertrophy/Tone: 2-6 sets

• Muscular Endurance: 3-4 sets

Repetitions "Reps":

Power/Strength: 4-8 reps

• **Hypertrophy/Tone:** 8-12 reps

• Muscular Endurance: 15-25+ reps

Rest:

• Power/Strength: 2-5 minutes rest

Hypertrophy/Tone: 1-2 minutes rest

Muscular Endurance: 0-45 seconds rest

Load:

One-Repetition Maximum (1RM): is the maximum amount of weight you can lift in one repetition.

Power/Strength: 80-100% 1RM

Hypertrophy/Tone: 70-80% 1RM

Muscular Endurance: 50-70%

Rate of Perceived Exertion (RPE): is a method of selfregulating the intensity of the exercise. 1 = no effort at all to 10 = extremely difficult.

Power/Strength: 8-10 RPE

Hypertrophy/Tone: 6-7 RPE

Muscular Endurance: 4-7 RPE