

THE METHODS



MAXIMAL EFFORT METHOD

**LIFTING A
MAXIMUM
LOAD; EITHER
MULTIPLE
REPETITIONS
OR A SINGLE
REPETITION AT
MAXIMUM
EFFORT**



SUBMAXIMAL EFFORT METHOD

**LIFTING A LOAD
SMALLER THAN
MAXIMAL
EFFORT A
REPEATED
NUMBER OF
TIMES**



DYNAMIC EFFORT METHOD

**LIFTING A
SUBMAXIMAL
LOAD AT
MAXIMAL
VELOCITY**

MISSING LINK



[Click Here to Read About The
Dynamic Effort Method](#)



ONE MAN ONE BARBELL

