

Comparison chart for
Endurance (Phase I) / Basic Strength (Phase II) / Power (Phase III) / Individualized (Phase IV)

	Endurance (Phase I)	Basic Strength (Phase II)	Power (Phase III)	Individualized (Phase IV)
<u>Sets</u>	3 to 4 sets (moderate)	3 to 4 sets (moderate)	4 to 6 sets (high)	3 to 6 sets (moderate to high)
<u>Repetitions</u>	10 to 15 reps (high)	8 to 10 reps (moderate)	2 to 6 reps (low)	2 to 12 reps (low to moderate)
<u>Intensity</u>	60% to 70% of 1RM (low)	70% to 85% of 1RM (moderate)	80% to 95% of 1RM (high)	70% to 90% of 1RM (moderate to high)
<u>Rest Interval</u>	30 seconds to 1 minute (short)	1 to 2 minutes (moderate)	2 to 3 minutes (long)	1 to 3 minutes (moderate to long)
<u>Benefits</u>	Best for all endurance sports and to increase speed in muscle movement. Best for all pre-adolescent, adolescent, beginning lifters, and inexperienced lifters. Also a good program for transitioning from one routine to another and to create variation in your lifting routine. Specificity can be used in this lifting program.	Best for all around basic strength training with multiple benefits for almost all types of athletes and for non-competitive people who just want to increase their strength level. Good secondary lifting program for semi-experienced lifters and for semi-experienced adolescent students who are ready for an increase in intensity and/or who are ready to add more weight and achieve more strength gains. Specificity can be used in this lifting program.	Best for explosive type sports and athletes who need to exert maximal effort in a short time span. Usually will build large bulky muscles. Lifting technique is extremely important to avoid the high possibility of injury. Usually includes Olympic type lifts such as; power cleans, hang cleans, high weighted squats, hang snatch, and snatch. Specificity can be used in this lifting program. Not a lifting routine for pre-adolescent or adolescent, or beginning lifters and/or inexperienced lifters..	Best for cross training and can be used as a transitional routine when going from one lifting routine to another. This lifting program is associated with a lifting routine called “light ladder” or “heavy ladder”. Athletes or people who need or want a change (variation) in their lifting routine will like this program. Specificity can be used in this lifting program. Not a program from pre-adolescent or adolescent, or beginning lifters and/or inexperienced lifters.