



## Reteaching Activity 10-4

Directions: Complete the boxes below using information from the text.

### MULTIPLE SETS

1. In the multiple-set approach, the lifter uses the same amount of weight for \_\_\_\_\_ to \_\_\_\_\_ sets at a training load of \_\_\_\_\_ of his or her \_\_\_\_\_.
2. The number of reps will range from \_\_\_\_\_ to \_\_\_\_\_ and should be done to the point of \_\_\_\_\_.
3. A recovery time of \_\_\_\_\_ is allowed between sets.
4. A variation of this approach can be used to gain \_\_\_\_\_.
5. You should not use the higher maximum percentages unless you have been lifting for at least \_\_\_\_\_ to \_\_\_\_\_ weeks.

### NEGATIVE REPS

6. When doing negative reps, you should do the eccentric, or \_\_\_\_\_, phase of an exercise, using a weight \_\_\_\_\_ greater than your \_\_\_\_\_.
7. The \_\_\_\_\_ phase is handled by one or more \_\_\_\_\_.
8. \_\_\_\_\_ reps per set is the recommended maximum for this exercise.
9. Athletes use negative reps primarily for \_\_\_\_\_.

### SUPERSETS

10. Doing supersets requires the lifter to perform alternate sets of exercises that \_\_\_\_\_, without resting between \_\_\_\_\_.
11. An example of supersets is to do \_\_\_\_\_.
12. Supersets are an effective way to keep \_\_\_\_\_ balanced in strength.
13. Supersets are extremely efficient as they allow you to work \_\_\_\_\_.