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# The High Rep Training Protocol

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## Why Is This Report So Short?

Yes, this report is extremely short. It's just over 20 pages.

Does that bother you?

I'll be honest: I could have "fluffed up" this report and made it 80, 120 or even 200 pages.

But that's not really my style. I'd rather just tell you exactly what you need to know and not worry about page counts.

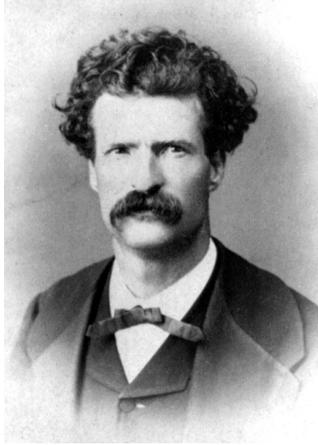
So in this report, I'll show you...

- ➔ exactly how I discovered this rare style of training
- ➔ The exact sets, reps and exercises I used
- ➔ How to change things up when progress
- ➔ How this method could spark new muscle growth thanks to "myostatin"

and it all happens in the next 20 pages. Let's jump in:

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## How I Accidentally Discovered Super High Rep Training



Mark Twain once said, *“Whenever you find yourself on the side of the majority, it’s time to pause and reflect.”*

It’s a quote I find myself coming back to again and again and again. At this moment in time, most of bodybuilding and strength training world is enamored with lower reps.

Sets of 5. Sets of 3. Heavy singles.

And for good reason: It works.

I made some of the best gains of my life on a routine that consisted of doing only 4-10 heavy singles per exercise. And yet, as the old saying goes *“the best training routine is the one you’re currently NOT using.”*

Around this time, I happened to hear about a system that some people were saying was the *“best”* for mass gains. I’m in my 30’s now so I’m long past the time of chasing mass gains just for the sake of getting bigger at any cost.

But I’m still vain enough to want bigger biceps and more muscle in general. So I started reading up and researching this *“new”* system. I started my own testing. And I’m happy with the results. It’s not magic,

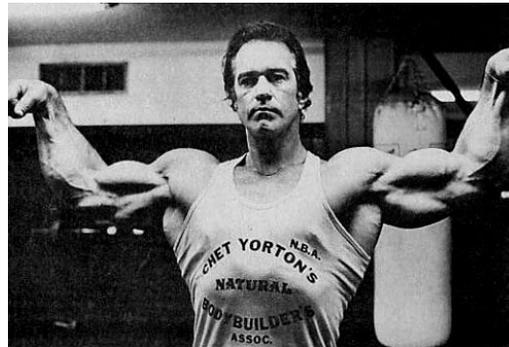
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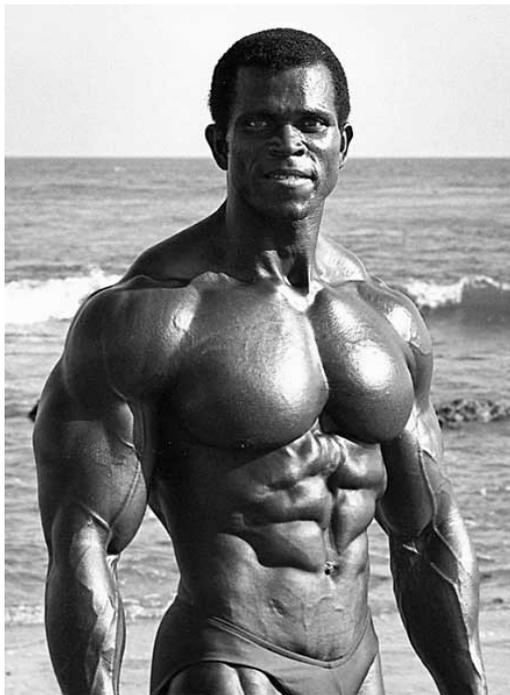
of course, but this new system has become a valuable tool in my toolbox of training strategies so now I'm passing this on to you.

I present to you the Art & Science of Super High Rep Training.

### **High Reps For Mass And Other Hearsay**

Bodybuilders have used high reps for building mass for decades. It's nothing new. Chet Yorton – one of only three people to beat the mighty Aaaaarnold in a bodybuilding competition – was famous for his workout plan consisting of 22 reps per set.





Serge Nubret was another “old school” bodybuilder who used higher reps for mass. He typically did six sets per body part, keeping the reps at 12 or more.

And yet, most modern day trainers still subscribe to the idea that lower reps (5 and under) are best for strength gains, sets of 8-12 are best for building muscle mass and high rep sets (15+) are more for muscular endurance.

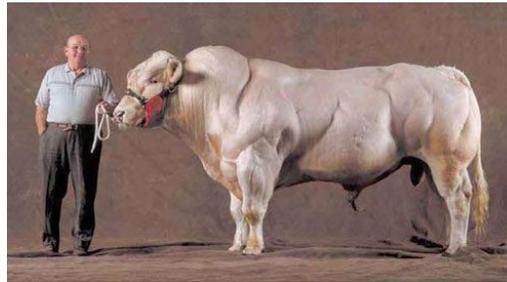
## **The Random Discovery That Made Me Sit Up And Take Notice**

I'd long ago abandoned the idea that you had to restrict your reps to the 8-12 range to build mass. I'd seen far too many strong (and big) power lifters who managed to build impressive size while keeping reps at 5 or below.

But I'd (foolishly) held on to the idea that sets of 15+ or more were strictly for muscular endurance. So when I happened to come across a study that challenged my beliefs... I took notice.

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If you've dabbled in bodybuilding or lifting weights, you've probably at least heard about "myostatin" and you've probably seen the picture of the "bodybuilder bull."



Myostatin is a type of protein that inhibits (or prevents) muscle growth. And this particular breed of bull is lacking some myostatin... which allows it to grow more muscle than other bulls.

To put it in overly-simplistic terms, as myostatin levels go UP, muscle mass goes DOWN. And as myostatin levels decrease, muscle mass INCREASES.

Think of myostatin like kryptonite for muscle gains.

So you can imagine my surprise when I stumbled upon a study claiming that lifting weights actually INCREASES myostatin production.

Scientists at Baylor University compared the results of training 3x a week using heavy weights and low-rep sets (6 reps per set) versus training 3x per week with lighter weights and higher reps (20 reps per set.)

They discovered that the guys using the 20 rep sets had 3x LESS myostatin than the guys who lifted heavy. (Remember: Less myostatin= more muscle).

Immediately after finding this study, I did some googling and I found a wide variety of anecdotal evidence from guys who claimed they got the best results of their lives from switching to higher rep programs. One man even claimed he went from bench pressing 200 pounds (for 5 reps) to bench pressing 400 pounds (for five reps) over the course of 3 years – by training exclusively with 50 and 100 rep sets!

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According to him the super high rep training allowed him to stay injury free, get stronger AND build more muscle mass than lifting heavier weights.

### **Even More Benefits**

# Super high rep training can have a restorative effect on your joints. People who try this method claim their joints feel better than ever before. This is most likely because the massive amount of blood being pumped to the surrounding tissues around the joints.

# Speaking of blood, the “pump” you'll get from this type of training is unbelievable.

# Better conditioning, improved cardio: This type of training will whip your cardiovascular system into shape fast. Yes, you will be sore and yes, you will be winded for the first couple weeks. But thankfully the cardiovascular system adapts quickly so you should see rapid improvements within the first month.

# Can be done almost anywhere: This is more important than many people realize. Most of my life, I've lived very close to a gym. Currently, there is a Planet Fitness about ½ mile from my house and a Fitness19 within ¾ of a mile from my house.

And yet I don't go to either gym. Instead I have to drive 15 miles to a gym on the other side of town because it's the only place that will let me squat and deadlift heavy without giving me a hard time. That's a major pain in the ass and a huge stumbling block for most people.

But because you don't need much equipment or much weight for super high rep training, you can perform the workouts at nearly any gym. Or you can buy a few dumbbells and a bench and train at home. Your options increase dramatically once you no longer need to train heavy.

### **So Why Doesn't Everybody Train Like This?**

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At this point I was certainly intrigued. I wondered why I hadn't heard about this style of training sooner. Then I realized that even if this style of training was amazingly effective, it would NEVER be popular.

Here's why:

#1) Using super high reps (25-100 reps per set) is painful. Most people are not mentally strong enough to deal with this kind of pain at every work out.

#2) Using super high reps (25-100 reps per set) requires the use of lighter weights. Most people's EGO'S will not allow them to use "wussy weights."

For the reasons above, I'm certain that this style of training will never be popular. But super high rep training just might be the training "secret" you've been searching for.

There's only one way to know for sure: Try it for yourself and monitor your results. Fair warning: Many of the people who try super high rep training NEVER go back.

## **Making This Work For You**

If you want to attempt some super high rep training to see if it will work for you, I will talk about a couple different options you can pursue.

### ***Option A: Dipping your toes in the water.***

Intrigued by the prospect of gaining mass with super high rep training but unwilling to abandon your current training program? No problem.

You can test out the super high rep training protocol by picking one body part to focus on for one month and monitoring the results.

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For example, let's say you decide to test out this method on your abs. You would pick one ab exercise – say sit-ups – and perform ONE set of as many reps as you can get. Ideally, you would fail somewhere between 50-100 reps.

If you can do 100 in a row, add 10lbs (hold a 10 lb plate across your chest) and go from there.

You will do this 5x per week.

Say you start on a Monday. You get 55 reps but can't do anymore. Tuesday you try again and you get 60. Wed you manage 65. Thursday 67. Friday you get 70. Take the weekend off and then come Monday you will again try to get as many reps as possible.

You will have good days and bad days. But over time you should be able to get 100 reps in a row. Once you can, add 10lbs and then work your way back to 100.

Try this for a month and if you like the results, consider using a training program of nothing but super high rep training for 3-6 months.

### **Option B: Jump in with both feet.**

If you are currently looking for a new program, or if your joints are bothering you and you want to try something new... or if you're just excited to see what this program can do for you... then you can jump into high rep training full bore and train exclusively using high rep training.

Here's how to make this work:

## **Phase 1**

In Phase 1, you will train the full body in each session and you will train 3x per week. Allow one day of rest between training sessions.

Example: Monday – Wed – Friday.

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Choose only 3 exercises – ideally a rowing movement, a squatting movement and a pressing movement.

You can choose any exercises you like, but here is what I did on my last go-round on this program:

Machine Horizontal Row

Rear Foot Elevated Split Squat

Dumbbell Bench Press

My target for each exercise was 75 TOTAL reps over 3 sets.

For example, I'd start the workout with the Machine Horizontal row. After warming up, I picked my weight (100lbs) and did as many reps as I could in my first set. Let's say I got 32 reps. Then I rested a couple minutes and tried again. I kept the weight the same, this time I only got 21 reps. Then, another brief rest and one final set. For my 3<sup>rd</sup> and final set of the Machine Row with 100lbs I got 16 reps.

So 32 reps + 21 reps + 16 reps = 69 reps.

Because I did NOT achieve my target of 75 reps, I would use the same weight next time and simply strive to do more reps. Once I was successfully able to complete a total of 75 reps over three sets, I would increase the weight by 10lbs and start again.

The next workout for me was the rear foot elevated split squat. This is a weird exercise but it helps keep my knees pain free and I've grown to love it.



Rear Foot Elevated Split Squat or RFESS for short.

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Because this is a single leg exercise, I would do 3 sets for each leg with the goal of getting 75 total reps per leg.

I'd do a set for my right leg, take a quick break, then a set with left leg, quick break, back to the right leg... and so forth.

I started with body weight only and once I was able to achieve my target of 75 total reps, I added weight by holding light dumbbells. (Note: Because training each leg individually doubled the number of sets I did from 3 to 6, this made for a longer workout. Not super long, but still, longer. If I had selected a movement like the leg press or the squat, this workout would be much faster.)

My last exercise of the day was the dumbbell bench press. Again, I followed the same format: Shooting for a target of 75 reps over 3 sets. If I got 75 reps or more, I increased the weight by 10lbs next time. If I failed to achieve 75 reps, I kept the weight the same and simply went for more reps until I was able to get 75.

That's it: Just 3 exercises and I was done. But the results were immediate. I was able to add reps or weight almost every single workout. And in that very first month I saw a very rapid increase in size, muscle mass and I even leaned out too!

But nothing lasts forever and progress will eventually come to a halt. Here is how to change things up once you stall.

### **The 3 Strike Rule**

If you have 3 workouts in a row where you are unable to increase your reps, then it's time to jump to Phase 2.

Let me give you an example: Let's say you've been chugging along with Phase 1 for over 8 weeks. You started out using 50lbs dumbbells for the dumbbell bench press but now you've advanced to using the 70lbs

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dumbbells and you'll already noticing a nice size increase in your chest, shoulders and arms.

On Monday you are able to get 65 total reps with the 70lb dumbbells. On Wednesday, you do your best but you still can't get more than 65 reps. On Friday you try again but you actually go backwards, only getting 62 reps. You rest up over the weekend and try again but still – only 65 reps.

This is now 3 workouts in a row where you were unable to make progress so at this point it's time to switch to Phase 2.

In Phase 1, we were shooting for a target of 75 reps per exercise performed 3x per week. That's a weekly total of 225 reps per exercise per week.

When that stops working, we need to “increase the dose.” So in Phase 2 we will move perform more sets and add an additional training day to make that change.

## **Phase 2**

In Phase 2 you are going to train 4x per week. Here is the split:

Monday: Upper Body  
Tuesday: Lower Body  
Wednesday: Off  
Thursday: Upper Body  
Friday: Lower Body

We will continue to use the same exercises as used in Phase 1, but rather than performing them all on the same day we are going to split things up.

So on Monday you would perform your Machine Row and Dumbbell Bench Press. On Tuesday you would perform your Rear Foot

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Elevated Split Squats. At this point you may also choose to include some supplementary work if you choose – abs and calves on lower body days, forearm and neck work on upper body days, that kind of thing.

Whereas before we were shooting for a weekly total of 225 reps per exercise per week in Phase 1, in Phase 2 we're going for closer to 400 reps per exercise per week.

So our new target is 200 reps over 8 sets per exercise.

When you can successfully complete 200 reps over 8 sets, increase the weight by 10lbs and start again. You are doing more work, but because you are only training each muscle group two times per week you will have more recovery as well.

Again, we stick with Phase 2 as long as possible. If we continue to make gains, we stay with it until we hit the 3 strike rule. At that point it's time to move to Phase 3.

### **Phase 3: Advanced Mass Gain Plan**

In Phase 3, we will train 6x per week. We will use even an even higher rep range which will allow us to train more often. Obviously, training 6x per week is NOT for everyone so this is for advanced trainees only.

We will only train one exercise per day.

So...

Monday: Machine Row

Tuesday: Rear Foot Elevated Split Squat

Wednesday: Dumbbell Bench Press

Thursday: Machine Row

Friday: Rear Foot Elevated Split Squat

Saturday: Dumbbell Bench Press

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This time around, we're going to do 10 sets with a target of 30 reps per set. Choose a weight that allows you to do 30 straight reps on your first set. Then rest a few minutes and use that same weight again for sets 2-10. If you are able to successfully complete 30 reps for each set, bump the weight up 10lbs and begin the process again.

This gives you 300 reps per session, or 600 reps per week per exercise.

## **More About The Weekly Rep Upper Limit**

With super high rep training, the weekly rep upper limit is the measuring stick we use to monitor total volume.

Beginners and people new to super high rep training will see the best results by sticking with 225 reps per week. As you get more advanced you will increase to 400 reps per week. This range should serve you well for many months until finally you will have exhausted all your gains at this level. At that point you will be ready to bump things up to 600 reps per week.

As an interesting side note, I saw a youtube video of a guy who does 500 reps *per workout*, multiple times per week. This man was CLEARLY on steroids. The steroids allowed him to do more reps per week than the average man, which results in more muscle mass.

This is why I've titled this report "the art & science of super high rep training." Part of this style of training is an art.

But there's also a scientific element. The weekly rep upper limit is your scientific guidepost to getting the fastest results.

**MORE IS NOT ALWAYS BETTER!**

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If 225 reps works best for the initial period, and 500 reps per week works best for advanced trainers, can you get better results by just diving right in and shooting for 1,000 reps a week?

No! In a 12 week study, participants who used a super high rep training protocol saw an increase of 7.6% in muscle size and a 35% increase in strength. This group did an average of 240 reps per week – which is right in line with our recommendations for super high rep training.

During the same 12 weeks, another group did over 1,000 reps per week. They only saw a 2.6% increase in muscle size and a 19% increase in strength. In short... they did too much volume and as a result they achieved less than optimal results.

**Stick with the weekly rep upper limits for maximum results.**

### **An Important Note About How To Perform Reps In A Super High Rep Workout**

If you've been training for a while, then you probably already know the “right” way to perform a rep. You use a full range of motion and lift the weight slowly and under complete control. Right?

Well... ordinarily you would be correct but with super high rep training we do things differently.

With super high rep training, you want to move the weight FAST. This is because when using light weights but moving them fast, we make the muscles work harder when they have to accelerate and decelerate the load on every rep. This results in greater damage done to the muscle, which results in greater opportunity for muscle growth.

Second, because we're doing so many reps we don't want to “lock out” each rep as that might be harder on the joints. So instead we stop just a few inches short of lock-out.

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For example, if you're doing barbell bench presses you would still bring the bar down to your chest on each rep, but you would NOT straighten your arms at the top of each rep. Instead you'd stop just short of lock-out.

If you're doing squats, you'd still want to take each rep deep, but instead of locking out your knees when you stand up each time you simply stop the rep a few inches from the top and then immediately reverse direction.

### **Progression Is Progression Is Progression**

When it comes to getting stronger, progression is all that matters. If you are doing barbell squats for 5 sets of 5 reps with 315lbs and you manage to increase that to 325lbs for 5 sets of 5 reps... than that's a 10lb increase in strength.

But if you're doing barbell squats for 5 sets of 50 reps with 135lbs and you manage to increase that 145lbs for 5 sets of 50 reps... it's still a 10lb increase in strength. It's still progression, just focusing on a different rep range.

Progression is progression is progression.

### **A Few Tweaks Worth Investigating**

If you are a strength athlete and you want to give this method a try but you're worried about losing your "feel" for the heavy iron, you could always do the following:

On each training day, work up to a heavy "every day max" on a given exercise.

An "every day max" is not a true maximum lift, but a heavy single that you could go in and perform even when you're at less than your best.

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For example, let's say your best bench press is 315lbs. Your every day max might be around 285 lbs – a weight that is still challenging but even if your dog died, the weather sucks and you think you feel a cold coming on.... you can walk into the gym and get 285lbs.

So you'd do that first for one heavy rep, and then perform your scheduled super high rep training. By doing this, you will keep a “feel” for the heavy iron while still reaping the benefits of super high rep training.

Or, you could have one “heavy” day and one lighter day in your training. On the lighter days you would do some kind of super high rep training.

Yet another option would be to just keep following your usual training program but add on a 35 – 50 rep “back-off” set after your main lifts. The options are endless, it's just a matter of figuring out what you want to do and adapting it your unique training schedule.

Second: If you are doing just super high rep training, I would still incorporate one day of sprints. I'm all in favor of getting bigger via super high rep training, but I think it's important to maintain some aspect of athletic training.

## **Give It 90 Days**

Don't be that guy/girl that trys a program for 6 days and says “it wasn't working.” Seriously.

If you want to try super high rep training, then give it an HONEST try. Six months would be ideal but bare minimum give it 90 days and then you can honestly evaluate if it works for you.

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## One Last Piece Of The Puzzle

There have been a few studies showing that supplementing with creatine can further reduce myostatin levels.

Here is [one such study](#) showing that resistance training plus creatine supplementation lowered myostatin levels more than just resistance training plus a placebo.

Personally, I'm not a huge fan of creatine. It tends to make me a little bit nauseas and I'm also a creatine non-responder (which means it doesn't seem to work as well for me as it does for everybody else.)

But considering that creatine is generally regarded as safe and effective for most people, it makes sense to supplement with creatine while performing this type of training.

Just get creatine monohydrate, don't bother paying extra for the fancy fillers and extras (none of that stuff has proven to be any more effective than basic creatine monohydrate.) Take 5 grams a day every day regardless of whether you are training or not.

Also, I would recommend you don't take creatine (or any supplement) "year round" but this is just my personal recommendations. Take a 30-60 day break at least once a year.

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## **Conclusion**

I hope you enjoyed this report and this strategy.

Good luck and please don't hesitate to reach out if you have any questions.

Matt Marshall

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## Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

**As always, you should clear this program with your doctor before you begin.**