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

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