

MUSCLE INFERNO.COM
FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

Type of Variation	Difficulty/ Intensity Level	Instruction	Pros	Cons
1/2 Range	1st Degree	Perform an exercise in either the top half or the bottom half of the range of motion.	The "Burning" of the muscle will be constant.	Will only work and get stronger at that specific range.
100,000 pounds to move	Muscle Inferno	Lift a total of 100,000 pounds in a workout. Does not include body weight.	Interesting. Way to keep track of volume.	Not for novice or beginner. Form may suffer as fatigue sets in. Time limitations may be a factor.
300'S	3rd Degree	A Variation of the Workout inspired by the Movie 300. Perform 6 sets of 5 exercises, 50 reps each. Substitute machine or dumbbell exercises to suit your needs. 300 Total Reps: 50 Push Ups/Chest Press/Dumbbell Presses, 50 Deadlifts/Leg Press/Squats with Dumbbells, 50 Pull Ups/Lat Pull Down/Bent Over Rows, 50 Jumps (2 foot box)/Step Ups/Back Lunges, 50 Hip Rotations/Bicycles/Torso Rotation with Db, 50 Push Press/Squat Press with Dumbbells or Medicine Ball	Challenging.	Form may suffer as fatigue sets in.
100's	2nd Degree	100 reps of each exercise. Ie 100 Push ups, one variation or multiple variations totaling 100.	Interesting. Way to keep track of volume.	Form may suffer as fatigue sets in.
15 Second Rep	2nd Degree	Five seconds up, five second squeeze at the end range and five seconds on the downward movement.	More control and a longer repetition, thus requiring more work.	Takes a longer amount of time.
21's	1st Degree	Perform 21 reps: seven repetitions at the bottom half of the range, followed by seven repetitions at the top half of the range, followed by seven repetitions throughout the full range.	Good burn.	The bottom half of the range doesn't create as much "Burn" as the rest of the range of motion. Volume wise, 21 reps is the same as 14 full reps.
21's Muscle Inferno	1st Degree	Perform 21 reps: seven repetitions at the end half of the range of motion, followed by seven repetitions at the beginning half of the range, followed by seven repetitions at the end half of the range. Ie End Half, Full Range, End Half.	Good burn.	Since the beginning half of the range doesn't create as much "Burn" as the rest of the range of motion, perform two sets of the end half range of the range. Volume wise, 21 reps is the same as 14 full reps.

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35's	2nd Degree	Perform 35 reps: seven reps throughout at Full ROM, seven reps at the end Half ROM, seven reps at the beginning Half ROM, 7 reps of pulsing at the midrange and hold for 7 seconds.	Challenging.	Not for novice or beginner. Form may suffer as fatigue sets in.
Back to Back to Back Exercises Different Body Parts	2nd Degree	Combination of exercises back to back to back in the same set. I.e. Hammer curl to military press to skull crusher.	Work different body parts in the same rep.	The weight cannot be too light or heavy for either exercise or will not get the true benefit.
Back to Back to Back Exercises Consecutive Set of a Muscle Group	2nd Degree	Perform exercises consecutively consisting of the same muscle group. I.e Hammer, Biceps, Reverse Curls.	Good for toning, burning calories.	Not for building pure strength, must use a lighter weight to perform a lot of sets/reps
Back to Back to Back: Consecutive Exercises of the Same Muscle Group but at Different Angles (I.e Normal, Midrange, Contracted, Stretched)	2nd Degree	Perform exercises consecutively consisting of the same muscle group but with different angles. I.e standing Biceps Curl (normal), Preacher Curl (contracted), Pulley from behind Biceps Curl (stretched).	Stimulates growth by hitting the affected muscle through different angles	Not for building pure strength, must use a lighter weight to perform a lot of sets/reps
Balancing	1st Degree	Perform an exercise while balancing on one leg or on one arm. I.e Biceps Curl while standing on one leg.	Enhances balance or stabilization.	Strength will suffer because balance is challenged. Not for pure strength training.
Bossy	2nd Degree	Partner will instruct on what to do during a rep. Faster, slower, pulse, hold, etc (during a push up, squat, abdominal exercise).	Good burn and challenge.	Requires partner. Muscular endurance is the goal, not muscular strength.
Burnout	2nd Degree	After the last set of a particular muscle group, perform a set (30% less weight) until you can't perform any more (minimum 12 reps).	Ensures that a particular muscle group has nothing left.	Do not perform in the first few weeks of weight training. Watch form.
Challenge: 2,4,6,8-20,-2	3rd Degree	Perform an exercise, starting with 2 reps, then 4 reps, and progress through 20 reps and then downward to 2 reps. I.e Overhead crunch with 2 reps, then 4 reps, etc.	Good burn, challenging. Good for muscular endurance.	Form may suffer as fatigue sets in. Not for muscular strength.
Change the Angle	1st Degree	Change the angle of the exercise but still focus on the same muscle group. I.e Modify the angle of the incline bench.	Stimulates growth by hitting the affected muscle through different angles	May need to adjust weight at various angles, certain angles are stronger than others.
Circuit: Nonstop	2nd Degree	Perform consecutive exercise to increase lactate threshold and to perform more exercises in less time. I.e Exercise, Exercise, Exercise.	More exercises, more work, more results.	Not for pure strength training due to nonstop pace.

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Circuit: Nonstop Cardio/Toning	2nd Degree	Perform a strength exercise (Chest Press), then a cardio exercise (Stationary Bike), a strength exercise (Biceps Curl), then another cardio exercise (Jogging in place) in succession/consecutively. Increase lactate threshold and to perform more exercises in less time. I.e Exercise, Cardio, Exercise, Cardio.	More exercises, more work, more results.	Not for pure strength training due to nonstop pace.
Circuit: Nonstop with Cardio Burst	3rd Degree	Perform a strength exercise (Chest Press), then a cardio burst exercise (Long Jumps), a strength exercise (Biceps Curl), then another cardio burst exercise (Jump Rope) in succession/consecutively. Increase lactate threshold and to perform more exercises in less time. I.e Exercise, Jumps, Exercise, Jumps.	More exercises, more work, more results.	Not for pure strength training due to nonstop pace.
Circuit: Target Area	3rd Degree	Perform a strength exercise (Chest Press), then a target area exercise (Gluts-Lunges), a strength exercise (Biceps Curl), then another target area exercise (Gluts-High Step Ups) in succession/consecutively. Increase lactate threshold and to perform more exercises in less time. I.e Exercise, Target Area, Exercise, Target Area.	More exercises, more work, more results especially target area.	Not for pure strength training due to nonstop pace.
Complex Training: Strength and Speed/Power	3rd Degree	Perform a strength exercise (Push Ups) followed by a plyometric exercise (Plyo Push Ups). I.e Squats followed by Squat Jumps.	Good for strength and power. Pure strength exercises are usually slow and not applicable to sports. Complex training teaches how to move quickly and powerfully.	Not for novices/beginners.
Conscious to Unconscious	3rd Degree	Perform an exercise while being distracted. I.e Step ups with ball toss. Goal is to not focus on the leg exercise and concentrate on the ball.	Able to concentrate on one thing while doing another.	Requires partner.

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Constant Tension	1st Degree	Perform an exercise but do not perform at the beginning and at the end range of motion. I.e Biceps curl without fully extending the arm/locking of the elbow joint and fully flexing the arm/coming all the way up.	More work.	
Different Vectors	2nd Degree	Select an exercise that challenges at different angles. I.e Squat with diagonal pull from pulley.	Engages more muscular activity, especially at the core level.	Hard to balance.
Discipline: Multirep at same time	2nd Degree	Perform an exercise with two different types of resistance. I.e Biceps with Dumbbell/Band, or Machine/Band.	Engages more muscular activity.	Difficult to set up.
Discipline: Multiset back to back	2nd Degree	Perform exercises consecutively with different types of resistances. I.e Biceps with dumbbells, then with a resistance band and then with a pulley.	Change of resistances changes the feel of the exercise.	Difficult to set up.
Don't get in a routine	2nd Degree	Learn it, master it, challenge it, change it.	Variety is the spice of life. Never boring and allow to hit the same muscle groups at different angles.	Not for pure strength building. Hard to document and hard to select consistent intensities with different exercises.
Double Up-Combination Movement	2nd Degree	Combination exercise: perform two exercises at the same time. I.e. Squat with military press or upper abdominal curl with chest fly.	Work two body parts simultaneously requiring more body control.	The weight cannot be too light or heavy for either exercise or will not get the true benefit.
Drop sets	3rd Degree	Perform a set and then decrease the weight and perform another set. I.e perform a set, decrease the weight, perform to failure.	Good burn.	Not for novice or beginner. Form may suffer as fatigue sets in.
Drop sets-Double	3rd Degree	Perform a set, then decrease the weight and perform another set to failure. Decrease the weight and perform another set to failure. I.e perform a set, decrease the weight, perform to failure, drop weight perform to failure again.	Good burn.	Not for novice or beginner. Form may suffer as fatigue sets in.
Elevators	3rd Degree	Perform a number of reps at every level on the way up and on the way down. I.e. Upper abdominals crunches on the adjustable incline bench.	Good burn, hits different areas, high volume.	Not for novice or beginner. Form may suffer as fatigue sets in.
Every set to failure	3rd Degree	3 sets of 10, but continue to failure. If too many reps are performed, the resistance is too light.	High volume.	Not for novice or beginner. Form may suffer as fatigue sets in.

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Follow the Leader	3rd Degree	Follow the partner through a series of movements or exercises.	Challenging.	Need a partner with similar skills, conditioning, goals, etc.
Gears	2nd Degree	Performing the ROM at different speeds (hold, slow, med, fast, super fast). Partner may set pace or perform a gear for specified times.	Learn how to move at different speeds.	Not for novice or beginner. Form may suffer as fatigue sets in.
Get in a routine	1st Degree	Learn it, master it, build upon it.	Get efficient at specific movement. Good for getting strong.	May get stale, good only at specific movement.
Half, Full, Half Rep	1st Degree	Half rep followed by full rep, followed by half rep.	Good burn and good motor control.	
Heavier Eccentric Movement	2nd Degree	Load heavy weight, have assistance on the concentric movement (shortening of the muscle), no assistance on the eccentric movement (lengthening of the muscle).	Challenging.	Not functional, muscle soreness.
Hold with lower body movement	2nd Degree	le Straight arm plank with hamstring curls.	Multi areas of burn	Not able to perform heavy resistances.
Hold with upper body movement	2nd Degree	le Isometric Squat with bicep curl.	Multi areas of burn	Not able to perform heavy resistances.
Hold, Pulse, Hold, Pulse	2nd Degree	Hold for a specified time, pulse for a specific time, hold for a specific time and pulse for a specific time.	Good burn.	Not able to perform heavy resistances. Only strengthens limited range.
How long can you hold it?	2nd Degree	Hold as long as possible. le Wall sits or mid position hold during push ups	Good burn.	Form may suffer as fatigue sets in.
How long can you sustain a rep a second	3rd Degree	Perform a movement per second for as long as possible. le 12 Squats in 12 Seconds	Power development.	Form may suffer as fatigue sets in.
How many can you do?	1st Degree	Perform as many reps as possible.	Strength endurance development.	Form may suffer as fatigue sets in.
Ideal Rep: 8 Second Rep	1st Degree	Two seconds on the upward movement, one second pause at the end range and four seconds on the downward movement, one second pause, repeat.	More control.	Consistent volume.
Isometric Hold	1st Degree	Hold a position for 15-60 seconds. I.e. Planks for the core.	Good burn.	Do not hold breath. Not able to perform heavy resistances. Only strengthens limited range. Unable to measure work performed.

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Isometric Multirange	1st Degree	Hold a position every 30 degrees for 10-15 seconds.	More control and a longer repetition, thus requiring more work.	Takes a longer amount of time.
Large Range of Motion	1st Degree	Perform as large a range of motion as possible without putting the area at risk of injury.	More range, more work, more results.	Perform in the safe range.
Decrease Time of Rest	2nd Degree	Minimize the rest by following with an additional exercise.	More exercises, more work, more results.	Not for pure strength building.
Longer Rep	2nd Degree	Take a longer time to perform a rep.	More time, more work, more results.	Takes a longer amount of time.
Manual Resistance	2nd Degree	Have a partner apply additional resistance according to the strengths/weaknesses of the movement.	Good burn. Able to match the appropriate amount of resistance.	Requires partner with experience and knowledge of technique.
Most reps in a minute	2nd Degree	Perform as many movements as possible in a minute.	Develop speed endurance.	Form may suffer as fatigue sets in.
Multigrip Circuit: Back to Back to Back Reps with Varying Grips	2nd Degree	Perform consecutive reps with various grips. ie Bent over rows with thumbs in rep, then thumbs out rep, then thumbs up rep, repeat.	Same muscle group, changes target area of musculature.	Not for pure strength building.
Multigrip Circuit: Back to Back to Back Sets with Varying Grips	2nd Degree	Perform consecutive sets with various grips. ie Set of Bent over rows with thumbs in, then a set with thumbs out, then a set with thumbs up.	Same muscle group, changes target area of musculature.	Not for pure strength building.
Muscle Inferno Rep	2nd Degree	A full repetition throughout the entire range, followed by a half repetition.	More control and a longer repetition, thus requiring more work.	
Happy Birthday: Perform the number of reps however old you are	2nd Degree	ie 55 y.o. would have to do 55 reps.	Challenging.	The older you are, the harder it gets.
Perform the number of reps the year you were born	2nd Degree	ie A person born in 1955 would have to do 55 reps.	Challenging.	The younger you are, the harder it gets.
Perturbations	1st Degree	Partner will challenge stabilization by pushing, pulling, etc lightly during the exercise.	Challenges stabilization and balance.	Need a partner.
Power Range Training	3rd Degree	Train the strongest part of the ROM. ie Super heavy weight in the strongest range of motion.	Become stronger specific to range.	Only become stronger through specific range.
Power Set	2nd Degree	Slow on the downward phase and without pause, explode upward, moving the weight as fast as possible with good technique.	Works power.	Do not let the technique suffer.

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Preexhaustion	2nd Degree	Fatigue one Small Muscle Group and Follow with Larger Muscle Group. I.e Preexhaust quadricep muscles by doing leg extension before Front Squats.	Allows focus on other muscle groups during second set.	
Pulse	1st Degree	At the end range or midrange, perform a small range of movement, approximately 30 degrees (pulsing).	Become stronger specific to range. Good burn.	Only become stronger through specific range.
Pulse to Hold	1st Degree	At the end range or midrange, perform a small range of movement, approximately 30 degrees (pulsing) and then hold for 10-15 seconds.	Become stronger specific to range. Good burn.	Only become stronger through specific range.
Rep-Pulse 1, Rep-Pulse 2-10	2nd Degree	Perform a full repetition and pulse once at the end range. Repeat with two pulses at the end range, three pulses, etc.	Good burn.	Do not let the technique suffer.
Reverse Prexhaustion	2nd Degree	Fatigue Large Muscle Groups and Follow with Smaller Muscle Group to make that smaller muscle group work once the larger muscle groups fatigue out. I.e Front Squats before Leg Extension.	Good burn of the smaller muscle group.	
Slow Rep	2nd Degree	One full repetition as slow as possible with proper form. I.e 30 second rep	Once mastered, able to condense workout. Good burn.	Requires time to master, possibly boring. Slow and painful. Not beneficial to power/speed.
Speed Rep	2nd Degree	One full repetition in one second or one movement per second.	Works speed and power.	Do not let the technique suffer.
Speed Series	3rd Degree	Series of three or four exercises performed back to back at a speed of one rep per second. Usually performed at the end of the workout to burnout. I.e. Squats, stationary lunges, squat jumps and step ups.	Increases lactic threshold and burns out a muscle group.	Do not let the technique suffer. May become nauseous.
Sticking Point	2nd Degree	Work at the weakest part of the ROM by pressing isometrically against a heavy resistance for 6-10 seconds.	Get stronger specifically at weakest ROM.	Do not hold breath. Not able to perform heavy resistances. Only strengthens limited range. Unable to measure work performed.
Complex Training: Strength, Balance, Multidimensional, Speed/Power	3rd Degree	Perform a traditional strength exercise, a balance exercise, a multidimensional exercise and then a Speed/Power exercise for a specific muscle group. I.e A set of Push Ups, a set of Push Ups with hands on separate medicine balls, a set of Push Ups with Rotation and a set of Plyo Push Ups.	Works strength, balance/stabilization, speed/power and various dimensions/angles.	Works generally and not specifically towards one mode.

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Complex Training: Strength, Multidimensional, Speed/Power	3rd Degree	Perform a traditional exercise, a multidirectional exercise and then a Speed/Power exercise for a specific muscle group. I.e a set of Push Ups with Rotation and a set of Plyo Push Ups.	Works speed, strength, various angles.	Works generally and not specifically towards one mode.
Run the Rack	2nd Degree	Select the heaviest weight you can perform with good technique and do as many reps as you can. Drop the resistance by one level and do as many reps as possible. Drop the weight and repeat. I.e Bicep Curls with 40 pounds, 35 pounds, 30 pounds, 25 pounds, etc.	Challenging.	Form may suffer as fatigue sets in.
Tabatas	3rd Degree	<p>Tabatas (8 sets in 4 minutes) Extreme, Intense, one of the Best Variations of exercise. Tabatas: 8 sets in 4 minutes</p> <p>Select an exercise and perform 8 sets of 20 seconds with 10 seconds of rest in between each set. Perform each repetition fast but with perfect form. Goal is to perform 10-15 reps per 20 second interval.</p> <p>Push Ups as an example Push Ups for 20 seconds , 10 second rest Push Ups for 20 seconds, 10 second rest Push Ups for 20 seconds</p>	Increases lactic threshold and burns out a muscle group.	
Rep-Hold 1 Second, Rep-Hold 2-10 Seconds	2nd Degree	Perform a full repetition and hold one second at the end range. Repeat with two seconds at the end range, three seconds, etc.	Good burn.	Do not let the technique suffer.