# STOP SKIPPING REST BETWEEN SETS →

BEING HEALTHY SHOULDN'T BE THIS HARD.

# I'M SUPPOSED TO REST?

## YES. 100%.

IF YOU FIND YOURSELF PERFORMING MOVEMENTS RATHER FAST OR IF EXERCISES FEEL TOO EASY, MAKE SURE TO CHECK-IN ON THE TEMPO. THE SPEED AT WHICH YOU PERFORM MOVES IS VITAL IN HOW EFFICIENT MUSCLE RECRUITMENT IS.



@SHANLIFTS

JULY 2021

# HOW LONG SHOULD I REST?

THIS DEPENDS ON YOUR OVERALL **TRAINING GOAL/PROGRAMMING.** IF YOU'RE PERFORMING WITH HIGHER WEIGHT OR PERFORMING MOVES THAT INCORPORATE MULTIPLE MUSCLE GROUPS (I.E. COMPOUND MOVEMENTS), YOU'LL PROBABLY NEED MORE REST TIME IN BETWEEN EACH SET.



@SHANLIFTS

JULY 2021

# BUT WHY THOUGH?

THINK ABOUT IT THIS WAY:
IF YOU'RE TRYING TO LIFT HEAVY, BUT YOU'RE NOT GIVING THE MUSCLE ENOUGH TIME TO REST IN ORDER TO RECOVER, HOW'S YOUR NEXT SET GOING TO BE?

**PROBABLY NOT GREAT.**

YOUR MUSCLE WILL FATIGUE OUT MUCH QUICKER AND PERFORMANCE WILL MOST LIKELY BE AFFECTED, THUS LEADING TO A POSSIBLE INJURY.


@SHANLIFTS

JULY 2021

# IF HYPERTROPHY/ENDURANCE:

THINK: LIGHTER WEIGHT LOAD, HIGHER REP RANGE

- TYPICALLY SHORTER REST PERIODS.
- APPROX. 0-90 SECONDS BETWEEN SETS



@SHANLIFTS

JULY 2021

# IF STRENGTH/POWER:

THINK: HEAVIER WEIGHT LOAD, LOWER REP RANGE

- TYPICALLY LONGER REST PERIODS.
- APPROX. ANYWHERE FROM 3-5 MINUTES BETWEEN SETS



@SHANLIFTS

JULY 2021

# CONSIDER THIS:

THESE REST TIMES ARE **RECOMMENDATIONS** BASED OFF DATA COLLECTED FROM STUDIES. IT'S IMPORTANT TO REMEMBER THAT THE WEIGHT LOAD, OVERALL VOLUME, AND THE CURRENT FITNESS LEVEL OF THE ATHLETE/CLIENT IS JUST AS (IF NOT MORE) INDICATIVE OF WHAT THE REST TIME SHOULD BE BETWEEN SETS.



@SHANLIFTS

JULY 2021