



SECRETS TO GETTING MAX RESULTS

The top methods to getting maximum results
and optimizing Functional Athleticism on the
FLOLYFE Fitness Co programs.

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My goal for this e-Book is to inform AND educate you on key aspect of training that will help boost your performance, increase effectiveness, and deliver results while you are on the FLOLYFE Fitness Co programs.

I hope this helps. Enjoy!

SECRETS TO MAX RESULTS

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TERMS YOU NEED TO KNOW

Time Under Tension (TUT)	Time spent under load from start to finish of a set (total time from rep 1 to final rep; i.e. it takes me 30 sec to perform 6 reps, mu TUT = 30 secs)
Tempo	The time you spend in the eccentric (muscle contracts while lengthening), isometric (no muscle lengthening or shortening occurring), and concentric (muscle contracts while shortening) portions of a lift. Tempo is connotated by three numbers. [eccentric-isometric-concentric]. For example: Squatting with a 3-2-3 second tempo means you spend 3 seconds descending from standing position to full range squat (eccentric), 2 seconds at the bottom of the squat (isometric), and 3 seconds ascending back to starting position (concentric).
Rate of Perceived Exertion (RPE)	Rate of perceived exertion is a way to subjectively describe strain. Please see Table 1.1 below for more information on RPE.
Reps in Reserve (RIR)	The amount of reps you have left in the tank after completing a set or in other words, how many more reps could you have done before reaching failure on a set.
Load	How much weight you are lifting or moving through space at a given time (i.e If I goblet squat 50 lbs, my load for this exercise is 50 lbs).
Flexibility	Ability to passively take a joint through its full range of motion.
Mobility	Ability to actively take a joint through its full, available range of motion
Motor Control	How smoothly someone executes any given functional movement based off their balance, mobility, and strength (quality of a movement)
Movement Quality	How well you are able to achieve optimal positioning throughout any functional movement

TERMS YOU NEED TO KNOW

HOW TO MAKE PROGRESS (REGARDLESS OF RESOURCES)

1. Load

No matter what, if you have access to a reasonable variety of weights (say a dumbbell set of 20s, 30s, and 40s), IF the prescribed rep range feels easy for you for a particular exercise, this is your cue to MOVE UP in weight! And shows that you are stronger than you think. This will not only help you make gains in your functional strength, but also include lean muscle mass growth and is a key element of making progress each week.

2. Pace

A key aspect of all FLOLYFE programs is the pace by which you move through a session. Respect the rest times prescribed in each workout. These are designed to provide you with the optimal amount of recovery time between sets to either push you metabolically/aerobically (smaller rest times, more metabolic/aerobic demand), OR help you perform at a higher level in the strength/power realm (larger rest times, more strength/power demands).

3. Time Under Tension

Focusing on speed/tempo is an effective way to make progress, regardless of your access to resources. For example, let's say you have a dumbbell set that goes up to 40s (as mentioned above), and are prescribed 8x reps on a particular exercise. After performing the 8x reps, you decide that the 40s felt very easy (think a 4-5/10 on the RPE scale). Instead of doing more reps, you could progress this exercise from a strength-development stand point by decreasing the speed by which you move through each rep. Instead of doing a standard 2-1-2 tempo, you may increase this to 3-2-3. This will increase your time under tension

HOW TO MAKE PROGRESS

HOW TO SELECT THE RIGHT WEIGHT (IN ORDER OF IMPORTANCE)

1. Movement Quality

Never choose a weight that you can't move in such a way that you would be proud to show off your technique. If quality is suffering due to increases in load, then reduce the weight.

2. Rep Range

If you are prescribed a rep range like 6-8reps, your goal is to hit the #8. If you are successful in getting 8 reps at the prescribed tempo with good movement quality, then go up in weight on the next set. If you only can get 7 or 6 reps, stay at the same weight. I always say – no matter if it is for a set of 4 or 15 reps, the last 2 to 3 reps should feel challenging. Not so challenging that you break form, but challenging enough that you may only be able to 1 more rep if you had to.

3. Load

If the above 2 are all looking good then you have the green light to increase the load on your next set. It isn't necessary to do so and you don't have to feel pressured to go heavier. Simply executing the same load with precision for 2-3 more sets can be a progression from the last training cycle and leave you room next week to go heavier. You should always select a weight that challenges you into the RPE range of 7-9/10 IF you have heavier weights available. See the next page for a chart to quantify how to use RPE and Reps in Reserve while you are performing your exercises.

HOW TO SELECT THE RIGHT
WEIGHT

AM I DOING ENOUGH? HOW TO USE THE RPE & REPS IN RESERVE SCALE

AM I DOING ENOUGH?

This is a question that frequents the minds of anyone who is exploring an online fitness program. This page will hopefully help bring clarity to this topic and how you can further optimize your sessions to produce max results.

RPE

Rate of Perceived Exertion is a scale that is used across fitness and the rehab setting to help subjectively describe how difficult any particular exercise or activity feels to the individual performing it. The process is simple. While you are performing the exercise, you rate it on a scale of 1 to 10 (1 being easy, 10 being max effort difficulty). To get the most out of your FLOLYFE program, we recommend finding the sweet spot of RPE between a 7-9/10 in order to make optimal strength, power, and lean muscle development.

RIR

The amount of reps you have left in the tank after completing a set or in other words, how many more reps could you have done before reaching failure on a set.

REPS	1	2	3	4	5	6	7	8	9	10	11	12
10	100.0%	95.5%	92.2%	89.2%	86.3%	83.7%	81.1%	78.6%	76.2%	73.9%	70.7%	68.0%
9.5	97.8%	93.9%	90.7%	87.8%	85.0%	82.4%	79.9%	77.4%	75.1%	72.3%	69.4%	66.7%
9	95.5%	92.2%	89.2%	86.3%	83.7%	81.1%	78.6%	76.2%	73.9%	70.7%	68.0%	65.3%
8.5	93.9%	90.7%	87.8%	85.0%	82.4%	79.9%	77.4%	75.1%	72.3%	69.4%	66.7%	64.0%
8	92.2%	89.2%	86.3%	83.7%	81.1%	78.6%	76.2%	73.9%	70.7%	68.0%	65.3%	62.6%
7.5	90.7%	87.8%	85.0%	82.4%	79.9%	77.4%	75.1%	72.3%	69.4%	66.7%	64.0%	61.3%
7	89.2%	86.3%	83.7%	81.1%	78.6%	76.2%	73.9%	70.7%	68.0%	65.3%	62.6%	59.9%
6.5	87.8%	85.0%	82.4%	79.9%	77.4%	75.1%	72.3%	69.4%	66.7%	64.0%	61.3%	58.6%

RPE		REPS IN RESERVE
10	Max lift, couldn't do more	0
9.5	No more reps, could do slightly more load	0
9	Could do 1 more rep	1
8.5	Could do 1 more rep, possibility of 2	1 - 2
8	Could do 2 more reps	2
7.5	Could do 2 more reps, possibility of 3	2 - 3
7	Could do 3 more reps	3
5 - 6	Could do 4 to 6 more reps	4 - 6

AM I DOING ENOUGH?

CLOSING THOUGHTS

MINDSET

Your mind is the most powerful tool you have when it comes to your health and fitness. The way you approach your training defines the types of results you will see. Ask yourself, what is my current perspective towards my nutrition? My fitness? My overall health? What can you do to get better in each of these areas? I urge you - take a student's approach towards your FLOLYFE program and make it your own. Ask questions and educate yourself as you go. And don't forget to be introspective about the WHY behind what you do each and every day. Knowing the WHY is your superpower and will help you have an unshakable mentality that serves you the rest of your life.

MOVEMENT

There is no question that movement is an essential ingredient to your health and fitness. "Movement" comprises both incidental AND structured movement that you do in the course of a day. Both are essential for health, weight management, performance and vitality. Learn the necessary skills to be a movement master so that you can move well for the long haul.

NUTRITION

Food is fuel for the body and brain. Fueling cuts through the latest diet marketing hype. It's about consuming what fuels the body best to get you the results you are looking for. Don't think you can "out-train a bad diet." I promise, you can't. Over time, this will catch up with you.

RECOVERY

The mind and body repair, recharge, and upgrade during rest. Recovery strategies must be employed throughout each day, week, month, and year. Ensure you are utilizing the appropriate recovery strategies so that you can optimize your performance each and every day.

CLOSING THOUGHTS

My goal for this e-Book is to help you get the most out of your FLOLYFE program, and I hope that it has provided clarity, offered useful tools, and helped further prepare you for the demands of training. I appreciate your attention and time, and give you all of my gratitude. Happy training - go get after it today!

CLOSING THOUGHTS