

RM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Strength																					
Power																					
Hypertrophy																					
Endurance																					

Table 1: The resistance exercise continuum – increased darkness in colour corresponds to increased adaptation for the relevant goal at the repetition maximum. RM = Repetition Maximum.

Training Goal	Strength	Hypertrophy	Muscular Endurance
Intensity	High	Moderate	Low
Load as % of 1RM	>85%	67-85%	<67%
Repetitions	1-5	6-12	12+
Rest time between sets	3-5 minutes	1-2 minutes	30-60 seconds
Sets per exercise	2-6	3-6	2-3
Frequency per muscle group	1-2x per week	1-2x per week	2-3x per week

Table 2: Adapted from Baechle & Earle (2000).