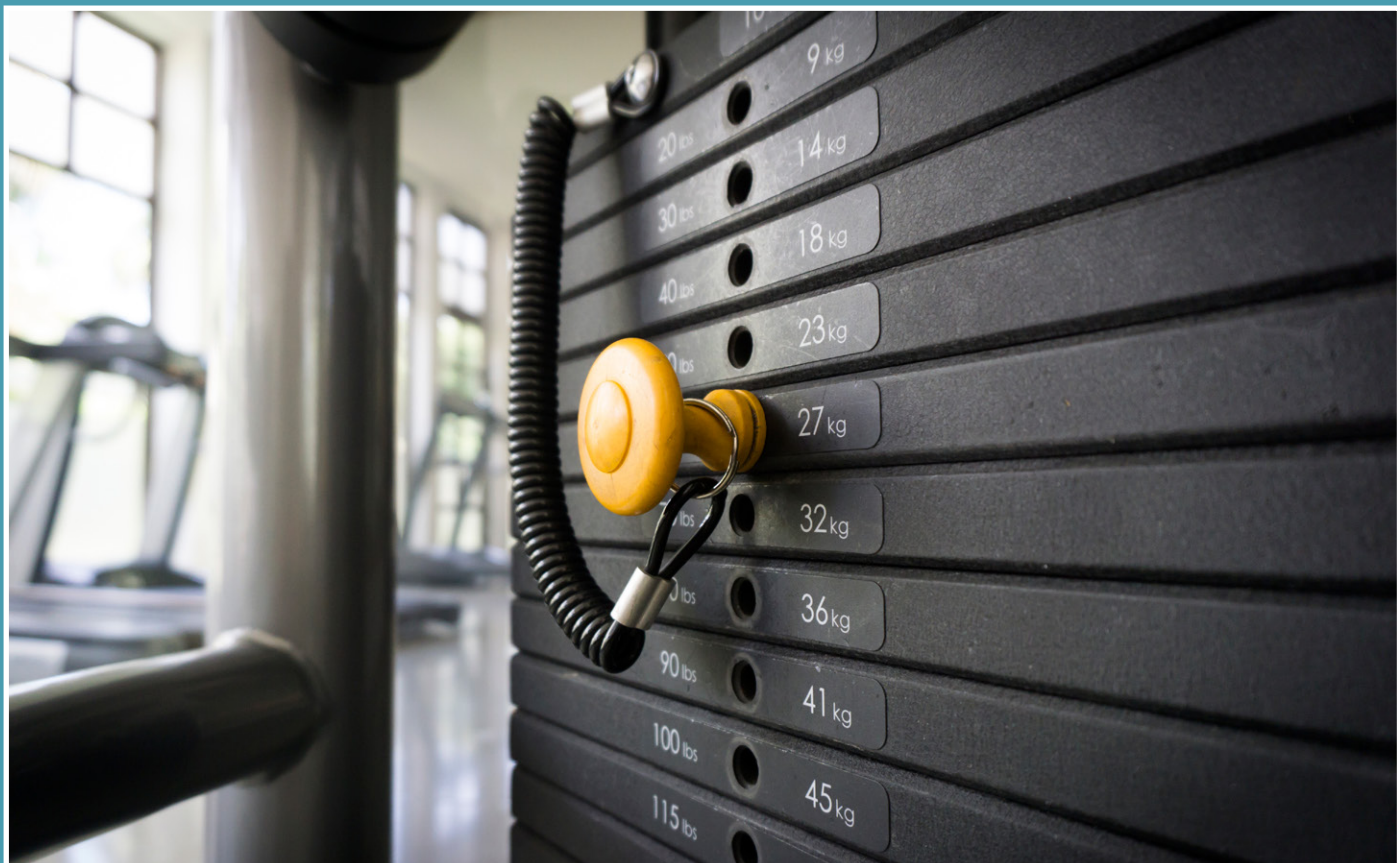


WHY YOU SHOULD DO PYRAMID TRAINING



Pyramid training is a group of sets, of identical exercises, that begin with the lightweight and higher reps, escalating to a heavier weight and fewer reps. A full pyramid training is the extended version of this, decreasing the weight after you have reached the peak until you complete the pyramid.

There are a few different versions of pyramid training. A reverse pyramid means big at the top and narrow at the bottom. And that's what pyramid training means in a weight training context. You start heavy and gradually decrease the weights or reps or you start light and gradually increase the weight or reps. Or you can include both in an extended set and work up and back down.

WHAT ARE THE BENEFITS?

- Helps to activate the CNS.
- Increases muscular strength and endurance.
- Good for motivation.
- Keeps you energised.
- Good for getting the correct weight.
- Good for warming up properly for the rest of the pyramid.