

OMNI INTENSITY

Research highlights an alternative way to control your training intensity

For any training to be successful, you have to learn at least about how to optimally manipulate your training frequency, volume, and intensity. If you do not delve into the science on this topic, you are doomed to remain a performer who will never reach your potential. And that is regardless of what sport you undertake. Of course, you also need to consider other training variables when it comes to fine-tuning your gains. But when talking about lifting weights in order to develop maximal strength, might there be one training variable that is more important than the rest? This is a difficult question to answer because all training variables are related to each other; if you manipulate one, then it impacts the others (and your gains). It is, however, pretty safe to say that if there is but one variable that you ought to pay the closest attention to in the weight room, it would be training intensity. Usually training intensity is based on your max strength, but there just may be another way to control the intensity at which you train to maximize your gains.



Controlling your training intensity is perhaps the most important training consideration. The OMNI-RES scale can deliver so that you can expect maximized training gains.

Original Research

Full citation available to subscribers.

Power Key: intensity, training, effort, muscle failure