

# EXAMPLE PLAN FOR HIT TRAINING

Exercise	Set	Reps	Cadence (eccentric/ static/ concentric)	Weight
Squats free or at the multipress	1	4-6	4-2-4	
Chin-ups	1	Max possible	4-2-4	
Flat bench press with barbell	1	4-6	4-2-4	
Military press	1	6-8	4-2-4	
Biceps curls with curl bar	1	6-8	4-2-4	
Dips	1	5-8	4-2-4	
Deadlift with straight legs	1	5-8	4-2-4	
Calf raise standing	1	5-8	4-2-4	

Author: Multipower training and nutrition expert Stefan Riemenschneider.