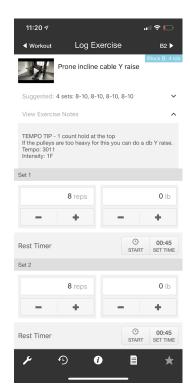# APP - TRAINING TERMS REFERENCE GUIDE

I n the training app you are going to see things like 1F, or 2F, or DS, or 1DS-F. Lets review some of the basic training ling that you'll need to know as you go through the app

DS - this stands for Drop Set. A drop set is when you finish the assigned reps of the set, and then you cut the weight down and continue to do a few more sets. The number of sets are typically assigned.

- 1DS - means the last sets will be a Drop Set
- 2DS - means the last 2 sets will be a Drop Set, etc.

- **1DS - F** - This is a combination of the 2. It means the last set will be a Drop Set, and you will take it to Failure. (typically i will indicate whether that means partial rep failure, or just mechanical failure.

F - Wherever you see F in the 'intensity' field,
That means you are going to take a set to failure. There are only a few times you'll ever see that we do not take the last set to failure.

- 1F - means you'll take the last set to failure
- 2F - means you'll take the last 2 sets to failure, etc.

Superset - Pairing 2 or more exercises and doing them back-to-back. In the app they are shown in blue boxes and labeled blocks. So if you have 2 exercises, lateral raise and bicep curl, you would perform one set of the lateral raise, follow the rest periods, and then perform the first set of the bicep curl. Then, start all over again with the second set of lateral raise, followed by bicep curl, etc.