# EFFICIENT GAINS:
# 3-DAY MYO-REPS PROGRAM

| | |
|---|---|
| 🎯 | **Main Goal**<br>**GAIN MUSCLE & STRENGTH** |
| ⬚ | **Workout Type**<br>**STRENGTH TRAINING** |

Short on time but aiming for serious results? This 3-day program uses Myo-Reps, a rest-pause training technique, to build muscle efficiently. By minimizing downtime and maximizing muscle activation in each session, you'll stimulate growth and achieve more in less time.

| Program Duration | Days Per Week | Time Per Workout | Target Gender | Training Level |
|---|---|---|---|---|
| **8 Weeks** | **3 Days** | **30 - 45 Mins** | **Male & Female** | **Intermediate** |

## WORKOUT SCHEDULE

| WEEK 1 | Days 1-7 |
|---|---|
| 1 | Full Body 1 |
| 2 | Rest |
| 3 | Full Body 2 |
| 4 | Rest |
| 5 | Full Body 3 |
| 6 | Rest |
| 7 | Rest |

| WEEK 2 | Days 8-14 |
|---|---|
| 8 | Full Body 1 |
| 9 | Rest |
| 10 | Full Body 2 |
| 11 | Rest |
| 12 | Full Body 3 |
| 13 | Rest |
| 14 | Rest |

| WEEK 3 | Days 15-21 |
|---|---|
| 15 | Full Body 1 |
| 16 | Rest |
| 17 | Full Body 2 |
| 18 | Rest |
| 19 | Full Body 3 |
| 20 | Rest |
| 21 | Rest |

| WEEK 4 | Days 22-28 |
|---|---|
| 22 | Full Body 1 |
| 23 | Rest |
| 24 | Full Body 2 |
| 25 | Rest |
| 26 | Full Body 3 |
| 27 | Rest |
| 28 | Rest |

| WEEK 5 | Days 29-35 |
|---|---|
| 29 | Full Body 1 |
| 30 | Rest |
| 31 | Full Body 2 |
| 32 | Rest |
| 33 | Full Body 3 |
| 34 | Rest |
| 35 | Rest |

| WEEK 6 | Days 36-42 |
|---|---|
| 36 | Full Body 1 |
| 37 | Rest |
| 38 | Full Body 2 |
| 39 | Rest |
| 40 | Full Body 3 |
| 41 | Rest |
| 42 | Rest |

| WEEK 7 | Days 43-49 |
|---|---|
| 43 | Full Body 1 |
| 44 | Rest |
| 45 | Full Body 2 |
| 46 | Rest |
| 47 | Full Body 3 |
| 48 | Rest |
| 49 | Rest |

| WEEK 8 | Days 50-56 |
|---|---|
| 50 | Full Body 1 |
| 51 | Rest |
| 52 | Full Body 2 |
| 53 | Rest |
| 54 | Full Body 3 |
| 55 | Rest |
| 56 | Rest |

### How to Perform Myo-Reps:

1. **Activation Set:** Pick a weight were you will reach close or to failure in the prescribed rep range. Stop 1-2 reps short of failure (when reps slow involuntarily).
2. **Rest-Pause Sets:** Rest 10-30 seconds, perform 2-4 reps, and repeat for 2-4 mini-sets. Keep rests shorter with lighter loads.
3. **When to Stop:** End the set when – you lose 1 rep from the first mini-set, reach 5 mini-sets, or reach failure

**Correct Example:**
- 12+4+4+3
- 8+3+3+3+3+3

**Incorrect:**
- 12+4+4+3+3 (lost reps)
- 8+3+3+3+3+3+3+3 (exceeds 5 mini-sets)

# EFFICIENT GAINS:
# 3-DAY MYO-REPS PROGRAM

**Main Goal**
**GAIN MUSCLE & STRENGTH**

**Workout Type**
**STRENGTH TRAINING**

## WORKOUTS

Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

### FULL BODY 1

| WARM UP / ACTIVATION | EXECUTION |
| --- | --- |
| Push-up to Down Dog | 1 Set, 10–15 Reps |
| Band Pull Apart | 1 x 30 Sec |

| MAIN EXERCISE | EXECUTION |
| --- | --- |
| Barbell T-Bar Row | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Incline Barbell Bench Press | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Barbell Romanian Deadlift | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Dumbbell Goblet Squat | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Incline Lateral Raise | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Seated Dumbbell Hammer Curls | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| V-Bar Cable Pushdown | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |

| COOL DOWN | EXECUTION |
| --- | --- |
| Cat Cow | 1 x 1 Min |
| Quadruped Thoracic Rotation | 1 x 5–10 Reps per Side |

**Time Per Workout:** 44 Minutes

**Equipment Required:** Resistance Bands, Landmine Lever, Barbells, Incline Bench, Dumbbells, Cables

**How to Interpret Rep Prescription:**

"'6-8 + 2-3x" format:
- **6-8**: Rep goal for the activation set, performed close to failure.
- **+ 2-3**: Rep goal per mini-set.
- **x**: Number of mini-sets (refer to "When to Stop" in Page 1)

### FULL BODY 2

| WARM UP / ACTIVATION | EXECUTION |
| --- | --- |
| YTW Stretch | 1 x 1 Min |
| Dumbbell Cuban Press | 1 Set, 10–15 Reps |

| MAIN EXERCISE | EXECUTION |
| --- | --- |
| Dumbbell Upright Row | 1 Myo-Rep sequence, 8–10 + 3–4x Reps |
| Cable Face Pull | 1 Myo-Rep sequence, 8–10 + 3–4x Reps |
| Band-Assisted Chin-up | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Barbell JM Press | 1 Myo-Rep sequence, 8–10 + 3–4x Reps |
| Cable Crossover | 1 Myo-Rep sequence, 8–10 + 3–4x Reps |
| Trap Bar Deadlift | 1 Myo-Rep sequence, 6–8 + 2–3x Reps |
| Sissy Squat | 1 Myo-Rep sequence, 8–10 + 3–4x Reps |

| COOL DOWN | EXECUTION |
| --- | --- |
| Upper Back Stretch | 1 Set, 10–15 Reps |
| Hip Stretch Twist | 1 x 5–10 Reps per Side |

**Time Per Workout:** 44 Minutes

**Equipment Required:** Dumbbells, Cables, Resistance Bands, Pull-Up Bar, Barbells, Trap Bar

**How to Interpret Rep Prescription:**

"'6-8 + 2-3x" format:
- **6-8**: Rep goal for the activation set, performed close to failure.
- **+ 2-3**: Rep goal per mini-set.
- **x**: Number of mini-sets (refer to "When to Stop" in Page 1)

# EFFICIENT GAINS:
# 3-DAY MYO-REPS PROGRAM

Main Goal
**GAIN MUSCLE & STRENGTH**

Workout Type
**STRENGTH TRAINING**

## WORKOUTS

Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

### FULL BODY 3

| WARM UP / ACTIVATION | EXECUTION |
|---|---|
| Bird Dog | 1 Set, 10-15 Reps |
| Bootstrapper Squat | 1 Set, 10-15 Reps |

| MAIN EXERCISE | EXECUTION |
|---|---|
| Landmine Hack Squat | 1 Myo-Rep sequence, 6-8 + 2-3x Reps |
| Landmine Deadlift | 1 Myo-Rep sequence, 6-8 + 2-3x Reps |
| Lat Pulldown | 1 Myo-Rep sequence, 6-8 + 2-3x Reps |
| Barbell Bench Press | 1 Myo-Rep sequence, 6-8 + 2-3x Reps |
| Incline Dumbbell Y Raise | 1 Myo-Rep sequence, 8-10 + 3-4x Reps |
| Close Grip EZ Bar Curl | 1 Myo-Rep sequence, 8-10 + 3-4x Reps |
| EZ Bar French Press | 1 Myo-Rep sequence, 8-10 + 3-4x Reps |

| COOL DOWN | EXECUTION |
|---|---|
| Child's Pose | 1 x 1 Min |
| Thread the Needle | 1 x 5-10 Reps per Side |

**Time Per Workout:** 44 Minutes

**Equipment Required:** Landmine Lever, Barbell, Cables, Flat Bench, Squat Rack, Incline Bench, EZ Bar

**How to Interpret Rep Prescription:**

**""6-8 + 2-3x" format:**
- **6-8:** Rep goal for the activation set, performed close to failure.
- **+ 2-3:** Rep goal per mini-set.
- **x:** Number of mini-sets (refer to "When to Stop" in Page 1)

## WORKOUT TIPS

- **Master the Activation Set**: Start with a weight you can lift in control, stopping 1-2 reps before failure to prime muscles for effective reps.
- **Push to Near-Failure**: During activation and mini-sets, stop when rep speed slows involuntarily or movement control declines.
- **Control Rest-Pause Timing**: Rest 10-15 seconds (3-5 breaths) for lighter loads or 20-30 seconds (5-10 breaths) for heavier ones to maintain muscle engagement.
- **Know When to Stop**: End when you lose one rep from your initial mini-set or reach 5 mini-sets to avoid fatigue and diminishing returns.

## COMMON MISTAKES

- **Choose the Right Activation Load**: Avoid starting too heavy, which leads to premature failure, or too light, which limits muscle growth. Select a weight that pushes you close to failure within the prescribed rep range.
- **Maintain Consistency**: Keep rest times, rep speed, and range of motion steady to ensure the method's effectiveness.
- **Track Progression**: Monitor total reps and weight to achieve gradual overload and maximize results.

The 3-Day Myo-Reps Program is designed for maximum muscle-building efficiency, enabling you to train smarter, not just harder. Through modified rest-pause training, this program delivers solid gains in less time – perfect for those with busy schedules or anyone looking to optimize the use of their time. By emphasizing perfect form and controlled intensity, you'll maximize muscle activation, minimize downtime, and accelerate muscle growth. Myo-Reps offers a structured yet flexible approach to fast-tracking your results in the gym.

Post your post-workout selfies in IG and tag @trainestapp, #trainest, or DM them to us to get a shoutout on Trainest Stories!

**Elevate your Fitness Journey with Trainest!**
Nutrition • Check-ins • Workouts • Progress

Scan using your phone's camera.