The Unofficial Letterman Drop Set Progression

Ascending reps helps the body exploit what is known as post tetanic potentiate(PTP), post tetanic facilitation (PTF), or post activation potentiation (PAP) dependent on what circles you travel in or vernacular you want to use. I’ve heard people refer to it as getting amped. I prefer to call it priming. The series or each set will be performed in a ramping manner.

(A) 333,555,777 =45 Volume if you prefer a better warm-up 733355577 will suffice as a progression

(B) 1111, 3333, 5555 =36 Volume % Drop 20% drop in volume +/- due to tonnage and weeks progression

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEKS** | **Mon** | **Tue** | **Wed** | **Thur** | **Fri** | **Sat** | **Sun** |
| W1 | A Up | Off | A Low | Off | A Post | Off | Off |
| W2 | A Up | Off | A Low | A Up | Off | A Post | Off |
| W3 | B Up | Off | B Low | B Up | Off | B Post | Off |
| W4 | A Up | Off | A Low | A Up | Off | A Post | Off |
| W5 | B Up | Off | B Low | B Up | Off | B Post | Off |
| W6 op A | B Low | Off | B Up | Off | B Low | B Post | Off |
| W6 op B | B Up | Off | B Low | B Up | Off | B Post | Off |
| W6 op C | B Up | B Low | B Post | Off | A Low | A Post | Off |

**Order :**A1) A2) follows a super set order you start with A1 then move to A2 back and forth until you complete all sets then move to B sets

**RI:** Rest intervalthe time you rest between a set or superset, tri set dependent

**Progression:**

Start your first set of 3 at your 4-5RM and then progress RAMP. On your last set you can go for broke on reps.

First set of 5 at your 6-7RM and then progress

First set of 7 at your 8RM and then progress

**Weight Progression (ramp) week to week example:**

|  |  |
| --- | --- |
| Week 1 | 225X3 235X3 245X3 /205X5 215X5 225X4/ 185X7 195X7 200X7 or failure |
| Week 2 | 230X3 240X3 250X3 /210X5 215X5 225X5/ 190X7 195X7 205X8 or failure |

**Tempo**: utilizeor don’t utilize if you are a beginner to weights I would recommend using a tempo if you are experienced but have never used a tempo I would recommend it. If you have used tempo in the past and have been off tempo for a while I would recommend it. If you don’t want to use tempo then rip tempo off the side of the page or break that part off your tablet/smart phone and burn it in effigy.

Note: I am not responsible for what happens to your smart phone/tablet/ whatever you just burned.

A Up W1, W2, W4

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weights | X Reps | RI | Tempo |
| A1 | Inc Bench or Seated OH Press | 3  3  3 | 333 ramp  555 ramp  777 ramp |  | | 60s-2m  60s-2m | 30X0 |
| A2 | Chin up(down) or Pullup(down) | 3  3  3 | 333 ramp  555 ramp  777 ramp |  | | 60s-2m |  |
| B1 | DB OH Press Backless | 2-3 | 8-10 |  | | 60s-90s |  |
| B2 | 1 arm Row or Pendlay Row | 2-3 | 8-10 |  | | 60s-90s |  |

B Up W3, W5, W6

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weights | X Reps | RI | Tempo |
| A1 | Inc Bench or Seated OH Press | 4  4  4 | 1111 ramp  3333 ramp  5555 ramp |  | | 60s-2m  60s-2m |  |
| A2 | Chin up(down) or Pullup(down)  (Dip belt required) | 3  3  3 | 1111 ramp  3333 ramp  5555 ramp |  | | 60s-2m |  |
| B1 | DB OH Press Backless | 2-3 | 5-7 |  | | 60s-90s |  |
| B2 | 1 arm Row or Pendlay Row | 2-3 | 5-7 |  | | 60s-90s |  |

A Low W1, W2, W4

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | X Reps | RI | Tempo |
| A1 | B Squat | 3  3  3 | 333 ramp  555 ramp  777 ramp |  | | 60s-2m  60s-2m | 30X0 |
| A2 | Leg curl or  Glute ham raise (GHR)  (warm up progression) | 3  3  3 | 753ramp  335ramp  577 ramp |  | | 60s-2m |  |
| B1 | Split Squat | 2-3 | 8-10 |  | | 60s-90s |  |

B Low W3, W5, W6

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | X Reps | RI | Tempo |
| A1 | B Squat | 4  4  4 | 1111 ramp  3333 ramp  5555 ramp |  | | 60s-2m  60s-2m | 30X0 |
| A2 | Leg Curl Glute ham raise (GHR)  (warm up progression) | 4  4  4 | 1111 ramp  3333 ramp  5555 ramp |  | | 60s-2m |  |
| B1 | Split Squat | 3 | 5-7 |  | | 60s-90s |  |

A Post W1, W2, W4

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | X Reps | RI | Tempo |
| A1 | Podium Deadlift or Deadlift | 3  3  3 | 333 ramp  555 ramp  777 ramp |  | | 60s-2m | 30X0 |
| B1 | Step Ups | 3 | 8-10 |  | | 60s-90s |  |

B Post W3, W5, W6

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | X Reps | RI | Tempo |
| A1 | Podium Deadlift or Deadlift | 4  4  4 | 1111 ramp  3333 ramp  5555 ramp |  | | 60s-2m | 30X0 |
| B1 | Step Ups | 3 | 5-7 |  | | 60s-90s |  |