

PROJECT 56

A woman with dark hair in a braid, wearing a grey sports bra and pink leggings, is lifting a barbell in a gym. She has a determined and intense expression, with her mouth open as if shouting or exerting effort. She has floral tattoos on her left arm. The background shows gym equipment and a brick wall.

WORKOUT FAQs & TRAINING GUIDELINES

JEDPT

TABLE OF CONTENTS

1) How The Workouts Are Designed

2) What Is RPE? And How To Use It

3) Benefits Of Full Body Workouts

4) How To Modify Exercises

5) How To Work Around Challenges

6) All Other FAQs

1) How The Workouts Are Designed

WORKOUT STRUCTURE:

The workouts are full-body workouts, structured into 3 giant sets. Each giant set contains 3 exercises, which you perform for 3 sets in total each. That means if you performed all of the sets designated, you would perform 27 total sets in the workout.

Here is an example below;

	REPS	R.P.E	REST	SETS
EXERCISE 1A	8-12	8-10/10	15s	
EXERCISE 1B	10-15	6-8/10	15s	x3
EXERCISE 1C	10-15	6-8/10	60s	
<hr/>				
EXERCISE 2A	8-12	8-10/10	15s	
EXERCISE 2B	10-15	6-8/10	15s	x3
EXERCISE 2C	10-15	6-8/10	60s	
<hr/>				
EXERCISE 3A	8-12	8-10/10	15s	
EXERCISE 3B	10-15	6-8/10	15s	x3
EXERCISE 3C	10-15	6-8/10	60s	

We will get into more detail about the workouts soon, but understand that the version shown above is the standard format that we recommend using. However, as you will learn, it can be modified to accommodate your own personal requirements and needs.

HOW TO PERFORM THE WORKOUT:

Using the example above, here's what you do;

- You perform Exercise 1A, rest 15 seconds.
- You perform Exercise 1B, rest 15 seconds.
- You perform Exercise 1C, rest 60 seconds.
- This constitutes 1 set. You then perform the same exercises for a further 2 sets, so that equals 3 sets through in total. You then move onto the next giant set (exercises 2A, 2B, 2C). You perform them 3 sets through before moving onto the final giant set (exercises 3A, 3B, 3C) and performing them for 3 sets.

GIANT SET STRUCTURE:

	REPS	R.P.E	REST	SETS
EXERCISE 1A	8-12	8-10/10	15s	x3
EXERCISE 1B	10-15	6-8/10	15s	
EXERCISE 1C	10-15	6-8/10	60s	

Each giant set contains 3 different exercises.

The first exercise of the giant set (listed as A), is the **Prime** exercise. The second and third exercises (B and C) of the giant set are **Accessory** exercises.

The **Prime** exercise of the giant set is designed to be the 'hardest' of the lot, requiring your greatest effort (RPE). ***RPE is covered in Section 2.** The **Accessory** exercises don't have the RPE set as hard, but they still require a good stimulus. Again, these are all able to be modified to your specific requirements.

PRIME + ACCESSORY EXERCISES EXPLAINED:

The giant sets are structured this way to optimise performance in the gym. If each exercise required an RPE of 10, it would be very difficult to perform a workout, and would effect recovery.

Therefore, the idea is to put great effort into the **Prime** exercise of each giant set and aim to improve your performance with these exercises throughout **Project56**. As the workouts are **Full Body** workouts, we aim to make sure that the Prime exercise uses a different muscle group in each giant set (to make sure there isn't a bias towards one particular muscle group). Example below;

- Prime exercise in **Giant Set 1** is **Lat Pulldown** (pulling movement)
- Prime exercise in **Giant Set 2** is **Leg Press** (lower body movement)
- Prime exercise in **Giant Set 3** is **DB Shoulder Press** (pressing movement)

This also means the **Accessory** exercises generally use different major muscles to the Prime exercise to ensure you can optimise performance. Example below;

Exercise 1A: Lat Pulldown (Pull)

Exercise 1B: Goblet Squat (Legs)

Exercise 1C: Lateral Raises (Shoulders)

You will learn in **Section 4 (How To Modify Exercises)** how to change the exercises around if required.

REPS + REST EXPLAINED:

The reps of the **Prime** exercises are set between 8-12 reps, whereas the **Accessory** exercises are set between 10-15 reps.

Firstly, do not take these rep guidelines as absolute authority.

However, they are designed to ensure that the **Prime** exercise is the exercise of the giant set that commands most of your energy, hence the RPE being 8-10/10 (*more on RPE below*). The **Accessory** exercises are set at an RPE of 6-8/10, meaning they should not require as much demand as the Prime exercise, but they should be provided with an adequate stimulus. If you perform reps outside of these guidelines, that is fine, as long as you strive to ensure the Prime exercise is the main focus, and the Accessory exercises don't cause too much disruption to your Prime exercise sets.

REST:

The rest protocol set for each giant set is 15-15-60. So after performing the Prime exercise, you rest 15 seconds, perform the first Accessory exercise, rest 15 seconds again, and then perform the second Accessory exercise before taking 60 seconds rest. That constitutes one set.

The 15-15-60 is set as a guideline, but will need to be adjusted to the individual based on their fitness level. If you perform the exercises to the best of your ability and adhere to the RPE, the chances are you will need more rest than 60 seconds between sets.

Remember, you want to give as much as you can in each Prime exercise, so ensure that you are fully recovered. If you only rest 20 seconds after performing your last Accessory exercise and then try doing your next Prime exercise, you are not likely to be able to exert the required energy. Naturally, expect to take longer than 60 seconds to move between giant sets given you will have to move to a different area of the gym and grab whatever equipment you need.

2) What is RPE? And How To Use It

RPE stands for **Rate of Perceived Exertion**. E.g how hard was it on a scale of 1-10; 1 being easy and 10 being hard.

So when performing the Prime exercise of the giant set, the RPE is set high between **8-10/10** (on the JEDPT App, the RPE for Prime exercises are set manually to 8). The Accessory exercises are set between **6-8/10** (manually set at RPE 6 on the JEDPT App)

Another way to help you understand RPE is *like this scenario*; If you perform 10 reps, and your trainer asks you, "How many more reps could you done with the same technique if you really tried?" and your answer is "3 or 4", that means your RPE was approximately 6-7/10.

So an **8/10 RPE** means you only had 2 reps left in the tank for the set. Going above 8/10 RPE is fine, but it's recommended not to aim for an RPE 10 every set (more chance of technique breakdown, injury, overall fatigue etc).

That is why the Prime exercise is designed to be a higher RPE, and the Accessory exercises slightly lower.

Everytime you perform your Prime exercises of the giant set, be really mindful that you are trying to hit an **RPE 8**. The Prime exercise, for progression and performance purposes, is the most important exercise of the set.

Accessory exercises are designed so you can add more overall intensity to your workout and compliment your Prime exercises. The Accessory exercises ensures that you can create more total volume to muscle groups in a given week. However, be careful not to use too high of an RPE with the Accessory exercises as that might mean you fatigue quicker, and the subsequent giant sets that you perform later in the workout are not up to standard.

RPE is such a crucial tool in helping individuals see progression in their training and results, so use it wisely.

3) Benefits Of Full Body Workouts

Full Body Workouts allow you to train muscle groups more frequently, and add more total volume in the week.

One of the major benefits of following a Full Body Workout routine is that it distributes the training stimulus over several muscle groups, rather than isolating them. For example, if you had a workout just dedicated to leg exercises, the chances are that it will give you greater muscle soreness and largely effect your ability to do any leg exercises for several days. That may also effect your ability to do any cardiovascular exercises around that period too.

By performing Full Body Workouts and covering all muscle groups, you also ensure that if you were to miss a scheduled training session in your week, you at least have covered all muscle groups prior in the week. If you followed a program which isolated muscle groups and you missed a session, then that muscle group would have missed out completely. Whilst it is fine to perform a workout where you isolate one muscle group, particularly if you enjoy doing so, the Project56 workouts are set to Full Body but you will have the tools to adjust your workouts if you wish to put more stimulus towards a particular muscle group.

Here's an example of how you can actually perform more working sets for a muscle group by following a Full Body training plan compared to a traditional body-split plan. The example used is someone performing 3 workouts per week and the muscle group being legs.

Full Body Training:

Day 1: Full Body Workout (3 leg exercises, 9 total sets)

Day 2: Full Body Workout (2 leg exercises, 6 total sets)

Day 3: Full Body Workout (3 leg exercises, 9 total sets)

Total: 24 total sets

Body Split Training:

1 x Leg workout (6 leg exercises, 3 sets each)

Total: 18 total sets

So not only can you perform more total working sets to a specific muscle group in a Full Body training plan, you can also minimise the risk of having muscle soreness that severely affects them like a body split could. Again, this is really important to those who need to use their legs often, like an athlete would (or someone who needs to perform cardio several times a week).

It also worth noting at this time, that muscle soreness does not always equate to a "great workout". Whilst the sensation of having muscle soreness can make people feel like they must have done something right, it is not always the best measure of how successful a workout or training plan is.

This is because there are many different determining factors as to why you get muscle soreness. Someone who doesn't recover well from a training session (i.e they have poor sleeping and nutritional habits) will most likely get more muscle soreness than someone who optimises their recovery.

In Section 4 (How To Modify Exercises), you will learn how to distribute more stimulus to specific muscle groups if you wish to.

4) How To Modify Exercises

There will be a number of reasons why you may need to modify exercises in the workout including;

- Difficulty Of Exercise
- Working Around Injuries
- Personal Preference
- Lack Of Equipment

Difficult Of Exercise:

If you cannot perform an exercise due to it's difficulty, there are several options you have available. Firstly, try and identify what movement the exercise is and whether you can perform a 'broken down' version of it. For instance, if it is a push-up, you can perform it on your knees instead. If it is a walking lunge, you can perform a static lunge instead.

If the exercise is too difficult for you to perform even when trying to perform a regressed version of it, you can then try and find an alternative to the exercise by performing a new exercise that has a similar movement pattern.

Most movements can be broken down into;

Pushing (horizontally or vertically)

Pulling (horizontally or vertically)

Hip Hinge

Anti-Rotation

Squat

Lunge

Lift

Carry

For example, if you cannot perform a standing barbell press (vertical push), then try and replace it with a similar vertical pushing exercise like a seated dumbbell press.

The Project56 giant sets are structured so they utilise various muscle groups each set so when replacing any exercise, try and ensure it sticks to a similar movement pattern that targets the same muscle group.

Working Around Injuries:

Similar to above, you will have to either regress exercises or switch them completely if you suffer from any injuries that effect your ability to perform the exercise.

It's important that you understand your injury and have medical clearance to perform gym-related exercises.

If the injury completely stops you from performing the designated exercise and any alternative exercise with a similar movement pattern, then your options are to perform a different exercise of your personal preference.

Here's an example of how to change an exercise in a giant set if you have a knee injury and cannot perform a lower body exercise.

1A: Seated Row

1B: Goblet Squat

1C: Plank Taps

Switch 1B for a Pushing exercise (as the other 2 exercises are a Pulling movement and a Core movement).

With some injuries, you may find you can perform the exercise, but have to use a lighter weight with less repetitions. As long as it comfortable for you, this is fine to do so and you will just have to reduce the RPE of the exercise.

For Personal Preference:

The reality is, there will be some exercises that you simply do not like in your routine. The key with any program is adherence, so it would be far better for you to swap an exercise for another exercise if it will help you stick to the program!

If you find the need to change an exercise for personal preference, try and stick to the giant set structure of utilising different muscle groups and performing a similar movement pattern to the exercise you are swapping.

For example, you may not enjoy performing split squat variations and wish to change them for a more standard squat variation where you don't have to use one side at a time.

You may also switch an exercise if you can perform a preferred version of it. Your gym may have a slightly different machine to the one used in examples on the JEDPT app. You may use a plate-loaded seated row instead of a cable machine seated row for example.

Lack Of Equipment:

Although Project56 is designed to cater for most commercial gym environments, there may be times where you cannot perform an exercise due to lack of equipment.

For instance, if you are about to start a giant set and you need to use the Leg Press for the Prime exercise but the Leg Press is taken, you have a few options available;

- Move onto the next giant set (if possible) and perform that giant set instead if the equipment for it is available and revisit the missed giant set when you can.
- If it is your last giant set, replace the Leg Press for another alternative lower body exercise.

Like above, you should replace any exercise (where you cannot use the equipment) with an exercise that uses a similar muscle group.

All giant sets are designed so you do not have to travel far between exercises. Most Accessory exercises only require you to bring common equipment with you towards where your Prime exercises is being performed (like carrying some dumbbells or kettlebells over to the Lat Pulldown).

5) How To Work Around Challenges

Some of the major challenges have been covered in Section 4, but here a few other challenges and scenarios you may encounter when in the gym.

Time

If you are simply short on time, you may have to sacrifice elements of your workout.

Option 1:

Perform only 2 sets through each giant set instead of the recommended 3 sets.

Option 2:

Remove 1 of the 3 giant sets so you only perform 2 giant sets in total.

Option 3:

Remove 1 exercise each giant set so you only perform 2 exercises in each giant set but still perform it for 3 sets.

	REPS	R.P.E	REST	SETS
EXERCISE 1A	8-12	8-10/10	15s	x3
EXERCISE 1B	10-15	6-8/10	90s	
<hr/>				
EXERCISE 2A	8-12	8-10/10	15s	x3
EXERCISE 2B	10-15	6-8/10	90s	
<hr/>				
EXERCISE 3A	8-12	8-10/10	15s	x3
EXERCISE 3B	10-15	6-8/10	90s	

Above is an example of a giant set with one of the Accessory exercises removed. You may also need to use this example if the difficulty of the workout (and performing 3 exercises back-to-back) is an issue.

Order Of Exercises

You may not be able to perform the giant sets as they are structured on the JEDPT app due to equipment availability.

Simply move onto the next giant set where possible, and return to the giant set you couldn't previously perform when you can.

In a worst case scenario, you may have to choose a giant set from another Project56 workout if you are completely out of options. This is still fine, just try and stick to a similar giant set structure.

Muscular Soreness:

If you are too sore to perform a given exercise, try and improvise.

You may have to work another muscle group instead, but be careful you don't overdo another muscle group. You might just have to reduce the overall RPE of that given exercise too. If you had to perform Walking Lunges but your legs felt very sore, you can either reduce the weight or reduce the total reps for them.

It is important to understand that performing exercises with a bit of muscular soreness is fine, but be careful it does not affect your ability to perform the exercise safely and efficiently. Rest and recovery is very important when it comes to helping with muscular soreness.

General Fatigue:

It is not ideal trying to train whilst fatigued or tired so understanding the root cause is vital.

You will have learnt above how to modify exercises, and with fatigue, it is exactly the same. Sometimes it's better not to workout and leave it for another day.

Always do your best to approach a training session with all the right factors in place beforehand;

- Optimal rest and recovery, sufficient nutrition, clear mental state.

6) All Other FAQs

How Do I Know When To Increase The Weights?

If you perform an exercise and you reach the designated reps with relative ease, you most likely didn't use the correct RPE and therefore need to use a weight that will ensure you meet the required RPE.

Progressive Overload (increasing demand to the musculoskeletal system) is the key to building muscle and seeing improvements in the gym. However, it can only apply accurately when you are performing the exercise with the same technique, so don't assume that just because you increased the weight you will add an improved stimulus and demand. You must keep the technique the same whenever increasing the weight.

Can I Lose Fat Following Project56 Workouts?

Absolutely. But that will also depend on your diligence with your nutrition. A calorie deficit is always required for losing weight, of which exercise and workouts play a part.

How Come There Aren't Any Abs Exercises?

You cannot spot reduce fat i.e performing ab exercises doesn't mean you will lose fat around your abs. This is why the Project56 workouts focus on using exercises that use multiple joints (compound exercises) and give you the best return. A calorie deficit helps you lose fat around your abs, not ab exercises.

How Long Should The Workouts Take?

The reality is that this will differ for everyone. However, Project56 was designed to help you train more efficiently and effectively in a shorter period of time. We recommend that you spend no longer

than 1 hour in the gym, and if you can finish the workouts in 30-45 mins, even better!

Can I Add More Exercises In?

If you have accomplished a great workout in 30-45mins, you're done! Remember, the goal of this is to show you a training system that can be done effectively and sustainably. When building bulletproof habits, it isn't a case of spending hours in the gym. You also don't want to effect your recovery by needlessly training more. Only add more exercises in at the end if you have time, or feel you have a lot more in the tank. If you do have a lot more in the tank, the chances are you didn't meet your required RPE in your exercises. If you hit the required RPE, you should be feeling 'done' by the end of your session. Understandably, you may need to add some exercises in for rehabilitation and mobility purposes.

Do I Perform The Reps At The Same Tempo?

To keep things simple, the tempo performed with most exercises is 3-0-1-0 (3 second eccentric when controlling the weight, 0 rest at the end of the negative, 1 second to perform the concentric, 0 rest at the end of the concentric). You can add training intensifier techniques into your training (like adding pauses) to add more stimulus, as long as you can measure doing so and therefore improve your performance over the course of Project56.

For all other questions about your training, get in touch with us!