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Strip Set Circuits

Introduction

The strip set circuit uses the repeated efforts method to maximally fatigue each and every motor unit available. This helps to increase muscle mass (hypertrophy), and carries with it a relatively low risk of injury. However, in order to benefit from this type of training, you must try to continue to lift until failure in each set.

How To Perform Each Set

For each exercise, you may select the circuit that corresponds best with your bench press maximum or back squat maximum. For example, if you have a bench press max between 200 and 225 pounds, you should use circuit 5. Complete each circuit as it is written.

You may choose to perform the circuits on your own (with rest intervals), or with a partner (alternating work and rest intervals).

The Exercises

There are four exercises included in the strip set circuits. If you are unaware of how to perform any of these, simply click upon the exercise in the list below.

[Bench Press](#)

[Single Leg Back Squat](#)

[Barbell Bicep Curl](#)

[Barbell Tricep Extension](#)

Options For Using Strip Sets

1. Perform one strip circuit of each exercise as an entire workout
2. Perform one strip circuit of two exercises (bench and squat or bicep curl and tricep extension) as an entire workout
3. Perform one strip circuit of one exercise as part of another workout
4. Perform one strip circuit of two exercises as part of another workout

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Strip Set Circuit 1

Choose and complete ONE circuit that corresponds with your max

1	<u>Bench Press</u>
Maximum: Under 100	
Set 1	85 (bar + 5s + 5s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	75 (bar + 5s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 3	65 (bar + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 4	55 (bar + 5s)
	Lift to failure

2	<u>Bench Press</u>
Maximum: 100 to 150	
Set 1	95 (bar + 10s + 5s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	85 (bar + 10s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 3	75 (bar + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

3	<u>Bench Press</u>
Maximum: 150 to 185	
Set 1	135 (bar + 25s + 10s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	125 (bar + 25s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

4	<u>Bench Press</u>
Maximum: 185 to 200	
Set 1	165 (bar + 25s + 5s + 25s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	155 (bar + 25s + 5s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	105 (bar + 25s + 5s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

5	<u>Bench Press</u>
Maximum: 200 to 225	
Set 1	185 (bar + 25s + 10s + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	165 (bar + 25s + 10s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

6	<u>Bench Press</u>
Maximum: 225 to 250	
Set 1	205 (bar + 35s + 10s + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	185 (bar + 25s + 10s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	135 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	115 (bar + 35s)
	Lift to failure

7	<u>Bench Press</u>
Maximum: 250 to 275	
Set 1	225 (bar + 45s + 10s + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	205 (bar + 45s + 10s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	155 (bar + 45s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	135 (bar + 45s)
	Lift to failure

8	<u>Bench Press</u>
Maximum: 275 to 300	
Set 1	245 (bar + 25s + 25s + 25s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 2	195 (bar + 25s + 25s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	145 (bar + 25s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

9	<u>Bench Press</u>
Maximum: 300+	
Set 1	285 (bar + 35s + 25s + 35s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 2	235 (bar + 35s + 25s + 35s)
	Lift to failure then strip off 35s
	Rest 1:30
Set 3	165 (bar + 35s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 4	115 (bar + 35s)
	Lift to failure

Strip Set Circuit 2

Choose and complete ONE circuit that corresponds with your max

1	<u>Single Leg Back Squat</u>
Maximum Back Squat: 200	
Set 1	95 (bar + 10s + 5s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	85 (bar + 10s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 3	75 (bar + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

3	<u>Single Leg Back Squat</u>
Maximum Back Squat: 400	
Set 1	185 (bar + 25s + 10s + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	165 (bar + 25s + 10s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

2	<u>Single Leg Back Squat</u>
Maximum Back Squat: 300	
Set 1	135 (bar + 25s + 10s + 5s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	125 (bar + 25s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

4	<u>Single Leg Back Squat</u>
Maximum Back Squat: 500	
Set 1	225 (bar + 45s + 10s + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	205 (bar + 45s + 10s + 25s)
	Lift to failure then strip off 25s
	Rest 1:30
Set 3	155 (bar + 45s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	135 (bar + 45s)
	Lift to failure

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Strip Set Circuit 3

Choose and complete ONE circuit that corresponds with your max

1	<u>Barbell Bicep Curl</u>
Maximum Bench Press: 200	
Set 1	70 (bar + 5s + 2.5s + 2.5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 2	65 (bar + 5s + 2.5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 3	60 (bar + 5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 4	55 (bar + 5s)
	Lift to failure

3	<u>Barbell Bicep Curl</u>
Maximum Bench Press: 400	
Set 1	125 (bar + 10s + 10s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	105 (bar + 10s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	85 (bar + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

2	<u>Barbell Bicep Curl</u>
Maximum Bench Press: 300	
Set 1	105 (bar + 10s + 5s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	95 (bar + 10s + 5s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	75 (bar + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

4	<u>Barbell Bicep Curl</u>
Maximum Bench Press: 500	
Set 1	145 (bar + 25s + 10s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	135 (bar + 25s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure

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Strip Set Circuit 4

Choose and complete ONE circuit that corresponds with your max

1	<u>Barbell Tricep Extension</u>
Maximum Bench Press: 200	
Set 1	70 (bar + 5s + 2.5s + 2.5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 2	65 (bar + 5s + 2.5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 3	60 (bar + 5s + 2.5s)
	Lift to failure then strip off 2.5s
	Rest 1:30
Set 4	55 (bar + 5s)
	Lift to failure

3	<u>Barbell Tricep Extension</u>
Maximum Bench Press: 400	
Set 1	125 (bar + 10s + 10s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 2	105 (bar + 10s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	85 (bar + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

2	<u>Barbell Tricep Extension</u>
Maximum Bench Press: 300	
Set 1	105 (bar + 10s + 5s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	95 (bar + 10s + 5s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	75 (bar + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 4	65 (bar + 10s)
	Lift to failure

4	<u>Barbell Tricep Extension</u>
Maximum Bench Press: 500	
Set 1	145 (bar + 25s + 10s + 10s + 5s)
	Lift to failure then strip off 5s
	Rest 1:30
Set 2	135 (bar + 25s + 10s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 3	115 (bar + 25s + 10s)
	Lift to failure then strip off 10s
	Rest 1:30
Set 4	95 (bar + 25s)
	Lift to failure