

# Volume Guide

Code	Total Sets	Work-up Sets	Work at designated intensity	Total Reps
<b>LV5</b>	8 sets	5s x 5r	3s x 5r	40
<b>LV3</b>	8 Sets	5s x 5r	3s x 3r	34
<b>NV3</b>	8 sets	5s x 3r	3s x 3r	24
<b>NV2</b>	8 sets	5s x 3r	3s x 2r	21
<b>SV3</b>	6 sets	4s x 3r	2s x 3r	18
<b>SV2</b>	6 sets	4s x 3r	2s x 2r	16
<b>SV1</b>	7 sets	2s x 3r + 3s x 2r	2s x 1r	14

**Version 5**