

| Parameter | Work - Effort |
|---------------------|--|
| Load | 30-40% of One Repetition Maximum (1RM) |
| Number of Exercises | 4 - 6 |
| Number of Sets | 2 - 4 |
| Rest Interval | 1 - 2 minutes |
| Speed of Execution | Medium |
| Frequency per Week | 2 - 3 |