

# MesoCycles

## Meso 1

Mesocycle number 1 is an introductory cycle spanning 4 weeks (microcycles). Performed at a low level of muscular endurance, client is learning technique, form, movement and machines. Generally machine based exercises at. This is for a beginner level, and is less intimidating than some cable machines and free-weights, and allows for greater independence. This example alternates 2 workouts over a 4 week period. Excellent time to obtain feedback from client and make sure each maneuver is comfortable, and they do not have any concerns.

**Frequency** 3 days  
**Intensity** <50% 1R<sub>MAX</sub>, 1 Set, <20 Reps  
**Time** <1 hour  
**Type** Muscular Endurance

## Meso 2

Client is gaining confidence in the gym, and has a better understanding of the muscles engaged and the how to use machines. Beginning stages of hypertrophy training.

**Frequency** 3 days/week  
**Intensity** 66% 1R<sub>MAX</sub>, 1 Set  
**Time** <1 hour  
**Type** Hypertrophy

## Meso 3

Client continues to see gains in the gym, both confidence and ability. First set of strength training.

**Frequency** 3days/week  
**Intensity** 80% 1R<sub>MAX</sub>, 1 Set  
**Time** <1hour  
**Type** Strength

## Meso 4

Client is continuing improvement and beginning to use some cable and pulley machines. This is to increase muscle recruitment and move away from the stabilizing assistance that some of the bigger machines provide.

**Frequency** 3 days/week  
**Intensity** 70% 1R<sub>MAX</sub>, 1 Set  
**Time** <1 hour  
**Type** Hypertrophy

## Meso 5

**Frequency** 3days/week  
**Intensity** 82% 1R<sub>max</sub>, 1 Set  
**Time** <1hour  
**Type** Strength

## Meso 6

Client is beginning to use free-weights and feels confident in the gym. Planning reassessment at end of Strength Mesocycle 7.

**Frequency** 3 days/week  
**Intensity** 75% 1R<sub>MAX</sub>, 1 Set  
**Time** <1 hour  
**Type** Hypertrophy

## Meso 7

Mesocycle 7 marks the end of 28 week Macrocycle. Client is hopefully ending on performing 2 sets of strength training. An active rest period will follow this cycle.

**Frequency** 3days/week  
**Intensity** 82% 1R<sub>max</sub>, 2 Sets  
**Time** <1hour  
**Type** Strength