## Fit1 Training: Undulating Periodization

*Let's review the details of undulating periodization:*

Recent published research from Arizona State University has shown that a method of structuring the set and rep protocols in a vastly different manner (called undulating Periodization) has proven to be especially effective in inducing maximum strength gains and weight-loss, when compared to traditional linear or alternating Periodization models.

Traditional thinking states that the body adapts to a workout in as little as 6 exposures. In actuality – the body adapts to the rep range the fastest, and the exercise selection the slowest. So we need to change the rep bracket more often than we change the exercises. Typically a trainee will change the exercises first – not the most effective training system.

The undulating periodization program actually adjusts the sets, reps, speed of movement (tempo), and rest period every single workout. So in effect, your body has to become leaner and stronger than it normally would when using one of the more traditional Periodization models.

The fun part is the variety of doing so many different routines. The exciting part is that as you only repeat each workout every 10 days or so, you can stay with this program for longer, and make better and faster gains than you typically would.

Another advantage of undulating periodization is that life's interruptions don't matter as much as they do in a linear periodization workout program. Since undulating periodization is all about mixing things up you can easily get back to your workout routine with almost any workout you want to do. With linear periodization it may be necessary to go back to the beginning of a mesocycle or even back to the beginning of your entire program if you miss too many of your workouts due to illness, injury or life circumstances.

### Conclusion

Anyone is capable of designing a workout. For best results, that workout has to be part of a meso-cycle or short term program, which in turn has to be part of a macro-cycle or long term program. The undulating periodization models are unique in that they "violate" the traditional models for designing programs. It's almost a non-program when you look at it, but when you try it and see the superior results it offers, you'll soon start thinking outside of the box, and begin looking for more alternative programs.