

OPEX

HOW TO PROGRAM

MUSCLE

ENDURANCE

FOR ATHLETES

THE OPEX MUSCLE ENDURANCE TREE

New coaches often fall into the trap of giving their clients specific benchmark workouts, advanced testers, and incorporating higher level training characteristics before clients are truly ready or actually capable of performing them.

To guide coaches through the process of identifying what type of workouts and contractions are appropriate and to understand how to properly progress clients, we've created the **OPEX Muscle Endurance Tree**.

CONTRACTION DEFINED

A repetition of a strength training exercise. There are numerous ways in which that repetition can be performed and based on how it is performed (i.e: the loading, time under tension, intent, etc.) the response it generates will differ.

The **OPEX Muscle Endurance Tree** provides a framework for the theory of resistance training, that progresses a client from muscle endurance to sport specific creatine phosphate battery work. The format of a branching tree highlights the requirement of adequate ability in the preceding branch before progression to the next. As a side note, muscle endurance progression doesn't have to occur in a gym setting, as any resistance activity can create motor control through repetitions.

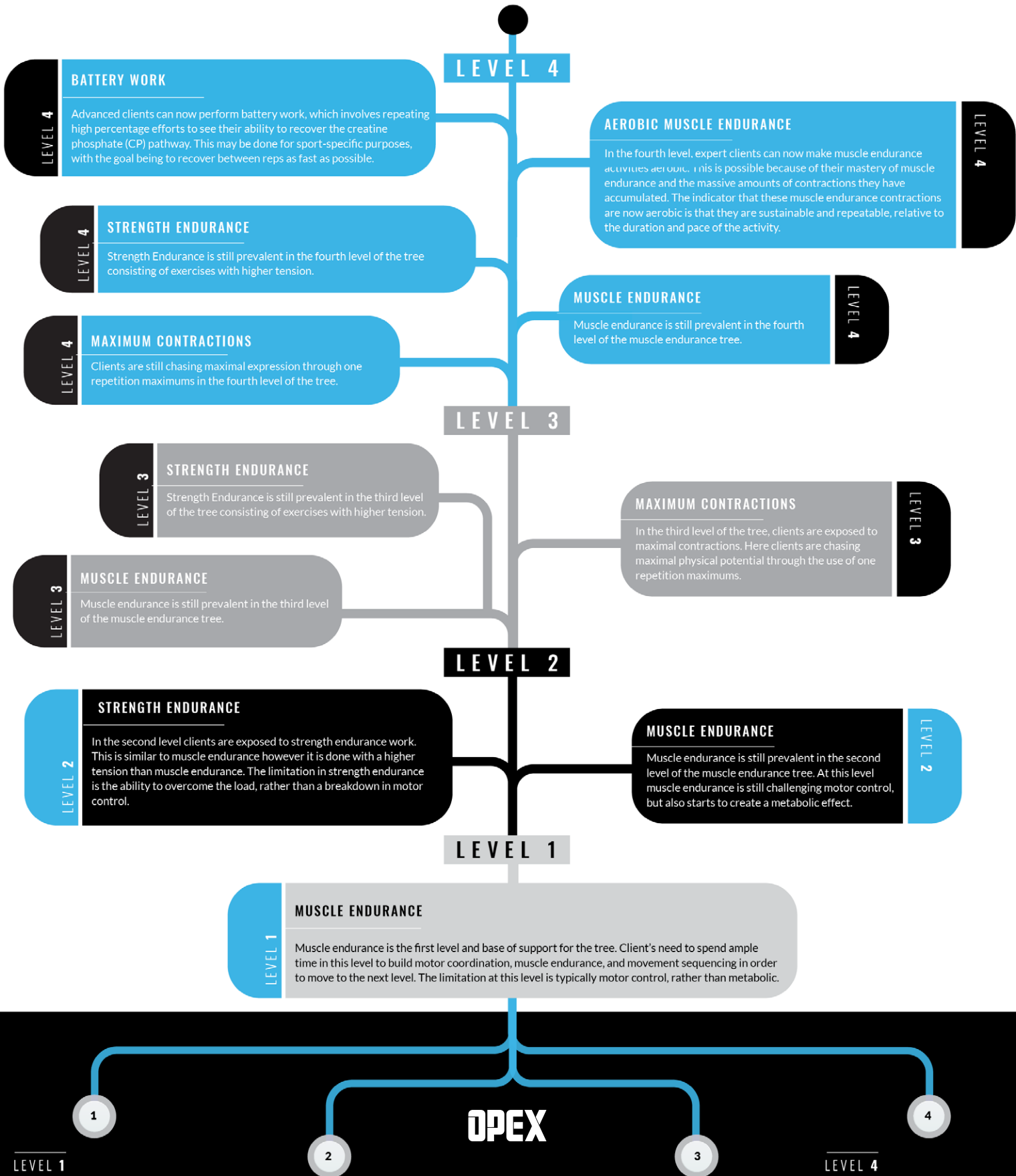
CP BATTERY DEFINED

The ability to move a relatively high percentage of one's one rep maximum of a particular movement through multiple repetitions.



The format of a branching tree highlights the requirement of adequate ability in the preceding branch before progression to the next.

MUSCLE ENDURANCE TREE



LEVEL 1
The first level of the Muscle Endurance Tree creates the base of support for the levels to come. Any client can perform these movements, but typically clients at this level are beginners with a low training age.

LEVEL 2
After developing a base of support through adequate time spent in muscle endurance clients can move to the second level of the tree. Clients in the second level are typically intermediates.

LEVEL 3
After spending adequate time in the first and second level clients can move into the third level. Clients in the third level are advanced and have a higher training age.

LEVEL 4
Only after spending time in the previous three levels of the muscle endurance tree can clients move into the fourth level. Clients in this level of the tree are experts and are typically athletes with a very large training age.

HOW TO USE THE MUSCLE ENDURANCE TREE TO PROGRAM

When beginning to program based on the Muscle Endurance Tree you must first understand where your client currently sits. This is done through the assessment (OPEX Coaches assess client's body, movement, and work. Learn how we do it [here](#)). Now with an understanding of the client's current abilities, you can design their program according to what part of the tree they are in.

A beginner client will benefit from muscle endurance resistance training, that is, higher volume and lower intensity contractions that will help them improve motor control.

An intermediate client who has a good base of muscle endurance and motor control will get both muscle endurance and strength endurance activities.

A more advanced client who has the ability to express maximal contractions will have muscle endurance, strength endurance and maximal contractions in their design.

It is important to note that individuals will need a different prescription to get the correct dose response from each level of the tree, based on their training age and neuromuscular efficiency. A push-up may be muscle endurance for one client, and a maximal contraction for another.

EXAMPLE TRAINING

Muscle Endurance

Muscle endurance activities are typically higher repetition, lower intensity, and have a higher time under tension.

Goblet Squat; 10-12 reps x 3 sets @ 3131 tempo, 2 minutes rest

Strength Endurance

Strength endurance activities are typically lower repetition, higher intensity and lower time under tension when compared to muscle endurance.

Front Squat; @30X1, 5-6 reps x 4 sets @ 3010 tempo, 2 minutes rest

Maximal Contractions

Maximal contraction activities are the lowest repetition, highest intensity and lowest time under tension.

Front Squat; 1-1-1 @ 20X0 tempo, 3-5 minutes rest

Aerobic Muscle Endurance

6 Rounds: 200 meter Run, 20 Wall Balls, 10 Pull-Ups @ a sustained pace. Maintain 2 minute pace for every round.

Battery Work

8 Minute EMOM (Every Minute on the Minute), 1 Power Clean @ 85-90% of one rep maximum

A SYSTEMATIC APPROACH TO COACHING

The **Muscle Endurance Tree** is just one example of how OPEX Coaches use information and principles to personalize their coaching. But professional coaching doesn't begin and end with prescribing rep ranges and contraction types. OPEX Coaches are a tier above the rest because of their breadth of knowledge. Armed with our education our coaches have refined business skills, professional consultation and assessment systems, personalized program knowledge, and the skills to craft holistic nourishment programs. Get an introduction to our education and the OPEX System of Coaching by signing up for **The Free 7-Day OPEX Coaching Course**.



SIGN UP TODAY AND TAKE THE FIRST STEP TOWARD
BECOMING A PROFESSIONAL FITNESS COACH.

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