



THE CENTURY SETS PROGRAM

As told to CriticalBench.com by Mike Gillette

A Century Set is, as the name suggests, a set of 100 total repetitions. So how is it done?

Very simple...Select an exercise such as chin-ups. Then perform as many chin-ups in a row as you can.

Let's say that you did 10. This means that you have 90 more chin ups left to complete before that Century Set is finished.

Using this approach, it doesn't matter how many incremental 'sets' it takes to get your total set of 100 chin-ups. It is all about your end goal of 100 repetitions, even if you are only able to perform two or three at a time towards the end.

To use Century Sets most effectively, they need to be structured as much as possible instead of always going for your maximum rep count at each attempt. So if 10 chin-ups is your current max, cut that number by 50% and perform sets of five repetitions until you reach 100. This means 20 sets of five repetitions until you would be finished.

Century Sets can be particularly effective when combined into a total body workout. This is a two-phase program where you alternate two exercises until you reach 100 reps with each and then transition to the second pair of exercises, working out until you reach your second pair of 100 rep totals.

This means that in the course of just one workout, you will have performed four different exercises for an overall total of 400 repetitions.



Here is an entire Century Set Workout example, performed 3x a week...

Phase 1

Chin-Ups 20x5 = 100 reps alternated with...

Weighted Dips 20x5 = 100 reps then proceed to...

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Phase 2

Upright Rows 20x5 = 100 reps alternated with...

Sissy Squats 20x5 = 100 reps

This type of a workout is a great insert into your training schedule every ten days or so. It's a productive shock to the system and another good way to test yourself.

Where Century Sets really come into their own is when you incorporate the variable of time. This is when Century Sets become enhanced through the concept of density training. Density training refers to the amount of muscular work performed in a specified period of time.

Let's look again at the chin-ups example all by themselves. Perhaps the very first time you completed your 100 chin-ups it took you a total of 38 minutes. How many workouts do you think it might take until you can perform 100 chin ups in just 20 minutes? Do you think that if you put yourself to the test to find out , that your chin up totals would improve? I do.

Used in this manner, Century Sets are an excellent way to focus on a specific strength problem or a specific exercise. **A Marine, for example, could use Century Sets to prepare for the chin-up portion of his annual fitness test.**

Here is an exercise-specific Century Set Density Program to boost Chin-Up performance, performed 3x a week, for six weeks:

Week #1	100 Chin-Ups performed in 35 minutes
Week #2	100 Chin-Ups performed in 32 minutes
Week #3	100 Chin-Ups performed in 28 minutes
Week #4	100 Chin-Ups performed in 25 minutes
Week #5	100 Chin-Ups performed in 23 minutes
Week #6	100 Chin-Ups performed in 20 minutes

Give these workouts a try and go get stronger!

And be sure to check out the next page for a very special announcement that you don't want to miss.

About Your Coach:

Former SWAT Commander & Executive Bodyguard, Mike Gillette is a relentless student of the human factors which allow people to succeed against overwhelming odds.

In his line of work, these 'odds' have centered on threat management and peak performance training methods. His research and experiences have taken him through many different worlds and disciplines.

They have ultimately produced a body of knowledge which has been put to use by clients ranging from armed professionals to ordinary people who must operate in extraordinary circumstances.



COMING NEXT WEEK! November 22nd, 2011



**Introducing Mike Gillette's "Savage Strength Training"
That Reveals 8 Secrets Guaranteed To Unlock
Your Hidden Strength Potential**

If you want everything you can get out of life, you need to be strong. If you want long-term, healthy relationships you need to be strong for other people.

If you want to achieve anything meaningful in life for yourself you need to be strong for YOU. Here's the thing... just looking good doesn't get anything done in this world. A spray on suntan and a nice set of abs can't actually "do" anything.

Capability is what counts... Performance is what counts. So getting strong, **really** strong, is what gives you the ability to make yourself and your corner of the world better.

I have a saying... "Don't pump iron, *become* iron." And this is what I want you to do... to become like iron. Become strong so you can start making the world a better place.

You need to remember that your body is *designed* to do this, to adapt, to get stronger and stronger. So let's get to work making your body fulfill its intended purpose.

**"Don't Pump Iron, Become Iron" – That's The End Result Of The Type
Of Strength Training That Will Be Revealed To You This Week**

