

6 x 6 Rest Pause

by

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Most bodybuilders have followed the 6 x 6 program at one time or another in their training. The 6 x 6 has many different variations that can be performed off the standard version in which you select one, two, or three exercises per body part and perform six sets of six reps of each exercise. Little tweaks are added to make the program more interesting and intense. Bodybuilders modify all programs based on their personal experience to suit their individual needs. This modification or adjustment provides them with continued growth and progress.

The 6 x 6 Rest Pause routine is an excellent one for producing size and strength. Attention to diet while following this routine will result in muscle gains, weight gains, or weight loss, depending on how one uses the routine and the diet they follow. Those who seek a weight reduction routine would be better off following any one of the many other weight reduction programs available. I have known people who have followed this routine and trimmed down but it certainly is not one of the better programs for that purpose.

Select one, two, or three exercises for each body part. I can tell you right now, even if you are at the advanced stages, three movements will be extremely rough if you use full intensity throughout this routine. I advise two movements and most of the people who have followed it use two movements. Some started with three but found they could not keep intensity at the level required on this routine. They had to adjust and cut one movement out. In addition, for most people, three movements will result in over-training thus hindering growth and progress.

I do not suggest two and certainly not three movements for the biceps. In most cases one movement is sufficient. I would advise changing the exercise you use for the biceps each session. Another tweak for biceps in this routine would be to perform one exercise in the 6 x 6 Rest Pause fashion as outlined and add one other biceps movement to be performed for two or maybe three regular sets. You must remember the biceps are small muscles, worked in the majority of other exercises and, are easily over-trained and over-worked. Be careful.

Perform the 6 x 6 Rest Pause six times per week working each body part two times per week. Some may wish to divide it so each body part receives three workouts per week. This is an individual thing and only you and experimenting can determine what will work best. Certainly for weight reduction and cardio work, each body part three times per week would be best. For gaining weight, adding size and strength, working each body part twice per week would be advised.

Here is the description of how the 6 x 6 Rest Pause is to be performed. Start by performing 6 reps, the first set, instead of putting the bar or apparatus down after the first set hold on to it and squeeze with all your might while you take three deep breaths. After your third deep breath continue on to set two, and then set three using the same method as outlined in set one. Take no more than three deep breaths and squeeze the bar or apparatus as hard as possible between sets. Immediately after the third set, release the bar or apparatus and rest for one to one and a half minutes but no longer, breathe deep. After this one to one and a half minute break perform the last three sets just as you did the first three without letting go of the bar or apparatus, resting only long enough to take three deep breaths. For leg exercises, since you will not be holding a bar as you would with your hands, keep constant tension on the muscles between sets.

Basically you are taking no rest at all between sets one and three and then again between three and six. The only break you are taking is between sets three and four. If in the beginning you take a full minute and a half rest, each session work on reducing it

down until you take no more than a minute, sixty second break. Constantly strive to reduce the rest time.

Your forearms will have received one of their best workouts. Your cardio system will have been taxed and energized. Your muscles will have been pushed to the point of stimulation necessary for growth without sending your nervous system into shock. All in all a wonderful routine complete with all the ingredients necessary for progress. Although many keys are included in this routine, one of the main ones is intensity. You must apply complete and unquestionable intensity in order for this routine to produce the results it is capable of.

Many will become discouraged while attempting to follow this routine because they will be unable handle as heavy a weight as they can while performing a regular routine with longer rest periods. Don't let this happen to you. Forget the weight and concentrate on the muscles you are working. I've known people who had to use a reduction of thirty to forty percent of the poundage they normally used while following this routine due to the intensity of the workout. The short rest periods tax the body's recovery ability while forcing the muscles to grow. Intensity, not the amount of weight used in each exercise, is the key. This is not to suggest you use "baby" poundage's because I am not suggesting that at all. It is simply a fact, the shorter the rest time between sets, the less weight you can actually handle. You must however, constantly strive to handle increasingly more weight, reduce the time of rest between sets and, use picture perfect form at all times.

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