

EXERCISE

Matrix 21s

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

21s Matrix. 21s Sevens. There are a lot of different names for this, but basically we are trying to focus on training different ranges of motion and increase time under tension.

For this example, we're going to show you the Z bar, bicep curl. For the first seven reps, we're going to work from the bottom range of the movement.

(To Dom) So from here, just up to halfway. Good...2...3.

Make sure the client's strict on their form.

(To Dom) 4...5...6...7. Going straight from halfway to the top...2...keep the wrist nice and strong for me, Dom...3...4...5...6. Keep it halfway... 7... and then from full range of motion all the way from the bottom, all the way through to the top.

As you can see, this is quite tiring. Dom's starting to get tired now. So encouraging that technique stays nice and strict.

(To Dom) Keep going...5...6...and the last one...7.

So as you can see there, you need to choose a weight that's appropriate for them to complete the whole amount of reps with a little bit of a challenge.



Main Muscles Involved

This depends on the exercises you choose for your Matrix 21s.

