

EXERCISE

Drop Sets

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- **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].

Drop Set. What is a Drop Set and how do we use it?

A Drop Set is effectively when we get to a point of fatigue and failure, using a heavier weight, usually on a bigger compound movement.

Dropping then between 10 and 30% of the weight, continuing the movement, trying to aim to get the same amount of reps again until we reach a point of fatigue and failure.

And then again, adding in another Drop Set or further from there, depending on the client's goals. So Dom's going to show us the Dumbbell Shoulder Press.

(To Dom) When you're ready, Dom.

Starting with the heaviest weight that the client can manage for a particular amount of reps - in this case, just five reps.

(To Dom) Do two more for me, Dom. Last one. And then relax.

Place the weights down to the floor. With little to no rest, we go straight into the next weight, which should again, be between 10 and 30% lighter - trying again to hit the same amount of reps.

(To Dom) Two more for me, Dom. Last one. Placing them onto your thighs and then reaching for the lighter dumbbells and again, trying to hit the same amount of reps. Last one for me, Dom. And come to relax. Rest there.

Now you can use any exercise to perform with this. Usually though you try to do it starting with a heavier weight and then decreasing the weight as you go through.

You can do as many Drop Sets as you feel is necessary until they reach a point of complete fatigue.

Main Muscles Involved

This depends on the exercises you choose for your Drop Sets.

