

EXERCISE

Forced Reps

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].

Forced Reps - what are they and how do you implement them?

Forced Reps are when we get to a point of complete fatigue and you then have to assist your client to push them past that point of fatigue with a little bit of assistance.

So we're probably getting to a point now with about two more reps where Dom's starting to fatigue.

Okay, so now I'm going to assist on the way up, just helping her ease past that - we've got to think, two more. Keep going, keep going. Good. One more. Push, push, push, push, push. Keep going, keep going. Good.

And then taking the bar and safely placing it onto the rack.

So - we got to the point there of complete fatigue - for Dom, around about eight repetitions. And then using Forced Reps, we helped her with another three, just using a little bit of light pressure on the bar just to help her pass that point.

It's a great way to encourage your client to improve their strength once they get past that point of fatigue.



Main Muscles Involved

This depends on the exercises you choose for your Forced Reps.

