



The S.A.I.S. Mass-Building Principles for Maximum Muscle Growth

Target	Sets	Reps	Intensity	Method
Fast-Twitch	1,2,3	6	Muscle Failure	Heavy-Weights, Explosive Training Style, White Muscle Fibers 1 sec. Pause Between Each Individual Rep. 5 min. Rest Between Sets.
Intermediate	4,5	10	Muscle Failure	Sub-Maximum Weights, Normal Speed of Movement Muscle Fibers w/ Only a Very Brief Pause in the Extended Position of Each Rep. 3 min. Rest Between Sets.
Slow-Twitch	6	20	Muscle Failure	Slow, Concentrated Reps w/ No Pause In Red Muscle Fibers the Extended Position. The Muscle Must Be Kept Under Constant Tension.

Note: As previously mentioned, each muscle group is trained with a total of six sets. These six sets are split up into three different exercises. The first exercise consists of three sets (sets 1&2&3) and targets the fast-twitch white muscle fibers. On all three sets, a weight should be selected that allows the trainee to get exactly six reps on his own before muscle failure sets in. A rest period of 5 minutes should be taken between each of these sets. After the third set and following a subsequent five minute rest, the athlete moves on to another exercise and carries out sets 4&5, which stimulate the intermediate muscle fibers. For sets 4&5, a weight should be selected with which a maximum of 10 reps can be performed without assistance, i.e., muscle failure should occur after the tenth rep. A three minute rest should be taken between sets 4&5. After the fifth set, another three-minute rest is to be taken before it's time to turn to the third and final exercise, which comprises the sixth and final set for this muscle group. Set 6 promotes growth of the slow-twitch red muscle fibers. A weight must be selected with which the athlete, by applying all his physical and mental capacities, is able to perform 20 slow and concentrated reps. After completing set 6, a ten minute rest should be taken, before the process described above is to be repeated with another muscle group. Anyone who performs six sets per muscle group in such a manner is guaranteed that all muscle components are maximally stimulated. This results in a dramatic muscle growth within a few short weeks.