

COACH ROZY PERFORMANCE

Plus Set Adjustment Chart

10+			8+		
<u>Reps</u>	=	<u>Weight Change</u>	<u>Reps</u>	=	<u>Weight Change</u>
0-2	=	-30 to -45 lbs.	0-2	=	-30 to -45 lbs.
3-6	=	-15 to -25 lbs.	3-6	=	-15 to -25 lbs.
7-8	=	-5 to -10 lbs.	7-8	=	No Change
9-11	=	No Change	9-10	=	+5 to 10 lbs.
>11	=	+10 to +20 lbs.	>10	=	+10 to +25 lbs.
6+			4+		
<u>Reps</u>	=	<u>Weight Change</u>	<u>Reps</u>	=	<u>Weight Change</u>
0-2	=	-20 to -45 lbs.	0-2	=	-25 to -35 lbs.
2-4	=	-10 to -15 lbs.	1	=	-15 to -25 lbs.
5	=	-5 to -10 lbs.	2	=	-5 to -10 lbs.
6-7	=	No Change	3-4	=	No Change
>7	=	+10 to +20 lbs.	>5	=	+5 to +20 lbs.
3+					
<u>Reps</u>	=	<u>Weight Change</u>			
0-1	=	-20 to -35 lbs.			
2	=	-10 to -20 lbs.			
3	=	No Change			
4	=	+5 lbs.			
>5	=	+5 to +20 lbs.			