

## WHY SHOULD YOU DO DROP SET TRAINING



A drop set is an advanced resistance training technique in which you focus on completing a set until failure — or the inability to do another repetition. Then, you lighten the load by 10–30%, and repeat, with little to no rest in between sets.

### WHAT ARE THE BENEFITS?

- Promote muscle growth.
- Build muscular endurance.
- Efficient with time.
- Boosts mood and mental health.
- Can promote weight loss.
- Good for motivation.
- Good for fast-twitch muscle fibre recruitment.