

GYM TERMS, DECODED.

RPE

A 1-to-10 scale for how hard a set felt. 10 means no reps left. RPE 8 means a rep or two left.

PROGRESSIVE OVERLOAD

Doing a little more over time, such as an extra rep, a bit more weight or cleaner form.

My rule: add a rep each week until you hit the top of the range on every set. Then add weight and drop back to the bottom of the range next session.

DOMS

Delayed onset muscle soreness. It shows up a day or two after training.

DELOAD

A planned lighter week of training, so your body can recover.

1RM

The heaviest weight you could lift once with good form.

GYM TERMS, DECODED.

HYPERTROPHY	Muscle growth from training. It is the term for training toward size.
COMPOUND LIFT	A multi-joint move, like a squat or row. It works the most muscle at once.
ISOLATION LIFT	A single-joint move, like a curl. It works one muscle directly.
TEMPO	The speed of each phase of a rep, usually written as four numbers in seconds.
MIND-MUSCLE CONNECTION	Focusing on the muscle you are training while it works.

HOW IT READS IN PRACTICE

"3 x 8-10 bench, RPE 8, 2-3 min rest" means three sets of 8 to 10 reps, each one hard with a rep or two left, resting 2 to 3 minutes between.

A compound lift like that needs the longer rest. An isolation move after it, like a curl, needs 60 to 90 seconds.

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

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Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

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You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)