

REST TIMES, BY LIFT.

Heavy squat / deadlift

3-5 min

Bench / overhead press

2-3 min

Accessory / isolation

60-90 sec

Conditioning circuits

30-45 sec

Heavy lifts need the full rest so your next set is as strong as the last. Accessory work uses lighter weights, so a minute to a minute and a half is enough.

Before a heavy set, check your breathing and heart rate. If they are still high, rest a little longer.

Next page covers how to book a free coaching consult.

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.

18

Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

calendly.com/lukelango-legacycoaching/consult

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