

## NPTI Exercise Program Design Chart

Goal	Exercises per Session	Reps	Sets	Load	Rest
Power	2-6	1-5	3-5	75-90%	2:00 – 5:00
Speed	4-8	5-20	2-4	20-40%	0:30 – 1:00
Max Strength	4-7	1-6	2-6	85%+	2:00 – 5:00
Hypertrophy	5-8	6-12	3-6	67-85%	0:30 – 2:00
Muscle Endurance	5-10	12-20+	2-3	50-67%	0:00 – 0:30
Weight Loss	6-12	8-20	2-4	50-70%	0:00 – 1:00
Beginner	8-12	10-15	1-3	40-65%	0:30 – 1:00