Twitter Thread by Ni©k (self-ident'd trans-racial anti-vegan)



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@Car_Nick_Vore

1/ I joined a gym >3 months ago and started up with my old routine of 1 day on/1 day off, upper/lower split, doing slower reps at lighter weights to failure, like I learnt from @mangan150 a few years ago. I was hospitalized with pneumonia 2 years ago, which set me back a lot.

2/ I used to also do HIIT, getting my pulse up to 160/94% of theoretical max. After the pneumonia, I'd struggled to get it >145. A cardiologist recommended I resume regular HIIT over a year ago to aid recovery. I failed to do so.

I also switched focus to
strength/hypertrophy

3/ as I'd lost some muscle. That led me to cut HIIT entirely, on the advice of gym staff and Twitter folk.

My lifting regimen has been 1 warmup & 2-4 work sets. I feel I've been progressing and have been adding weight over time. My squats feel limited by my CV system though.

4/ So I decided to add HIIT back to leg days to train my CV system. I did 7 sets of v-squats yesterday, ramping up to 360 (very heavy for me) and back down to 2 "burn out" sets at 180. This video's of the previous leg day's 360 set, to give an idea of my approach.



5/ The last 2 sets at 180 were like this video, also from the previous session. I found my pulse to be 152-156 after the last 2 sets, which was very gratifying. That showed my CV was improving, and my squats were really intense, as I'd hoped they'd be. I did hip ad- & abduct,



6/ as well as calves, and then finished up with 4 intervals on the elliptical machine, going all-out for 45 or 30 seconds. I was delighted to find my pulse nearly up to 160, which is great for me now. Today, my glutes are lightly and uniformly sore, as well as my inner quads.

7/7 This all tells me that higher volume (7 sets!) ramping up to "heavy" (6 reps @ 360) and back down, going slow-ish to failure is a good leg day routine for me now, and I'm going to keep with HIIT and not worry about possible deleterious effects on hypertrophy...for now.

Lower 2021-02-05

V squat wu 90
1: 16 @ 180
2: 12 @ 270
3: 8 @ 320
4: 6 @ 360
5: ?8 @ 270
6 ? 11 @ 180
7: 11 @ 180 hr 158
Abduct wu 85
1: 8+ @ 130 short holds
2: 8+ @ 125 2 sec holds
3: 8+ @ 115 2 sec holds
4: 9+ @ 110 2 sec holds
Adduct wu 50
1: 7+ @ 85 2 sec holds
2: 8+ @ 70 2 sec
3: 7+ @ 65 2 sec

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Oh...anyone who doesn't agree can come kick my ass and show me a better approach. Or just train with me; I could REALLY use a partner.