



# THE POWER FACTOR CHALLENGE

## **Caution and Disclaimer**

Proper warm up of muscles, tendons, ligaments and joints is mandatory at the beginning of every workout. Although exercise is very beneficial, the potential for injury does exist. Pete Sisco, Primary Copyright Group LLC, their owners, agents, affiliates and employees will not be held liable for injuries sustained while lifting, using or moving weights and exercise equipment in a gym or elsewhere. Always consult with your physician before beginning any program of progressive weight training or other exercise. If you feel any strain or pain when you are exercising, stop immediately and consult your physician.



## HOW THIS WORKS

**Welcome!** Thank you for being a person willing to try something new.

There are two very simple elements to this challenge, and if you do them the right way and really push yourself to focus for only 30 seconds PER EXERCISE and generate your peak power output the results you achieve could change the way you view your training forever.

- 1.** We are going to measure your **Power Factor** on each of three exercises. You only need to record the weight you use and the total number of reps you perform in 30 seconds. I'll show you a calculator that does the rest.
- 2.** To maximize the intensity of these exercises I strongly recommend you reduce the range of motion to only your strongest and safest range, and consequently use substantially more weight than what you are used to lifting in your weak range. The difference, for some people, can be 50% to over 100% more than their usual weight on these exercises. Doing this only three times is going to show you graphically how much **intensity** you are leaving on the table with a conventional workout.

## WHAT YOU DO

For the **POWER FACTOR CHALLENGE** we do three very common exercises. (If you need to make a substitution because of gym constraints, that's fine. But please substitute an exercise that uses the heaviest weights available to you.)

It's also important to have a Power Rack, Smith machine, or other method of restricting the range of motion on your Bench Press exercise.



## THE EXERCISES

**This is important:** You will only be moving these weights 2-3 inches (5-8cm) so you can use a heavier weight. Ideally, you use a weight that causes you to hit failure right at 30 seconds. If the weight is too light and you could have kept going, it means you sacrificed intensity.

Please don't do these workouts on three consecutive days. Space them out over, for example, Monday, Thursday, Monday, so it takes seven days to do them.

**Here are the three exercises and how to perform them.**

### 1 Lat Pulldown

Lat Pulldown

Start Position



Lat Pulldown

Finish Position





Position the seat so the handle is at the full limit of your reach. Take a shoulder-width overhand grip on the pulldown bar. Keep your back straight and your head up. Using your lat muscles, not your biceps, pull the bar down **two or three inches**. Perform your reps in this range. Using lifting hooks has been proven to improve the weights used for this lift.

Never hold your breath during this or any other exercise. Don't let the weight stack slam down. Keep the weight under tension and under your control.

Perform as many repetitions as you can in exactly 30 seconds. (Not 27 seconds, and not 32, it's important to stay consistent.) If you need to stop for a brief rest do so but keep the clock running. When you are not lifting you are working at a **Power Factor** intensity of zero lbs per minute and you don't want any more of that than absolutely necessary. Your objective is sustained high intensity. Resume lifting and continue counting reps from where you left off. Continue lifting until the time has elapsed.

When finished **write down the weight you lifted and the total number of reps you completed within 30 seconds.**



## 2 Barbell Bench Press

Bench Press  
Start Position



Bench Press  
Finish Position



Always use a Smith machine or a power rack to limit the range of motion. Please, don't blow that off. You'll be using weights you could not handle through your full range, so don't rely on a fallible spotter or your own ability to limit range. **USE a power rack or Smith machine.**

Place a barbell inside a Smith machine or power rack at a height about three to four inches below your full reach. Take a shoulder-width grip on the bar. Keep your wrists straight and aligned under the bar. Using your pectoral (chest) muscles **press the bar up two or three inches**. Perform your reps in this range.

Do not lock out at the top of this motion nor let the bar slam down at the bottom of the motion. Keep the weight under tension and under your control.



Perform as many repetitions as you can in exactly 30 seconds. If you need to stop for a brief rest do so but keep the clock running. Resume lifting and continue counting reps from where you left off.

When finished **write down the weight you lifted and the total number of reps you completed within 30 seconds.**

### 3 Leg Press

Leg Press

Start Position



Leg Press

Finish Position



Position the seat of the leg press so that your legs are three or four inches from lockout when the empty sled is locked in its top position. **Leave the safety locks in place for the duration of this exercise.** With the safety locks in place the sled cannot descend below the starting position. Once the sled is in this position, load on the plates. Place your feet flat on the sled at a comfortable distance apart. Using your leg muscles press the sled up two or three inches. Perform



your reps in this range. Do not lock out your knees at the top of the movement or slam the sled down at the bottom of the movement.

Perform as many repetitions as you can in exactly 30 seconds.

When finished **write down the weight you lifted and the total number of reps you completed within 30 seconds.**

## YOUR RESULTS

LAT PULLDOWNS	WEIGHT	TOTAL REPS
WORKOUT #1		
WORKOUT #2		
WORKOUT #3		

BENCH PRESS	WEIGHT	TOTAL REPS
WORKOUT #1		
WORKOUT #2		
WORKOUT #3		

LEG PRESS	WEIGHT	TOTAL REPS
WORKOUT #1		
WORKOUT #2		
WORKOUT #3		



## The Calculators

I've created two calculators for you. The first one allows you to see the *Intensity* of any exercise measured by a Power Factor. (Assuming, in this case, the weight was lifted during exactly 30 seconds.)

**Power Factor Calculator (for 30-sec Sets)**

WEIGHT: 100 lbs  
5 lbs | 1,500 lbs  
The weight you used for this exercise.

TOTAL REPS: 15 reps  
1 reps | 50 reps  
Number of reps in 30 seconds.

Your Power Factor (lbs per minute)  
**3,000**  
Exercise intensity in lbs/min.

Learn More About the POWER FACTOR WORKOUT

GO!

The second calculator is used **after you have completed the three workouts** in the Challenge. Entering the numbers from your 1st and 3rd workouts will show you the objective progress you made using this method of training. Most people will be shocked at how much progress they make doing a total of only 90 seconds of exercise just three times.

**Power Factor Challenge Calculator**

Bench Press - 1st Workout Weight: 125  
0 | 750  
Enter the weight used during the first workout (in lbs)

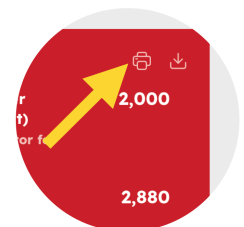
Bench Press - 1st Workout Reps: 18  
Enter the number of reps completed in 30 seconds

Bench Press - 3rd Workout Weight: 190  
0 | 750  
Enter the weight used during the third workout (in lbs)

Bench Press - Power Factor (1st Workout): 4,500  
Calculated Power Factor for the first workout.

Bench Press - Power Factor (3rd Workout): 8,360  
Calculated Power Factor for the third workout.

Bench Press - Percentage Change: 86%  
Percentage change between the first and third workouts.



You can print this or download it.

When you see the improvements you made on this Challenge you will understand **these reviews and testimonials** made by trainees that used this system for years.

**[Here is the link to the above calculators.](#)**

I hope you really enjoy this Challenge!

***Pete***

You can **buy the complete training method for only \$10** and have everything you need for the rest of your life. It's an incredible value, if I do say so myself.

