

Slow Burn vs Tim Ferriss 34lb workout

| Variables | Slow Burn | Tim Ferris |
|--------------------------------------|--|---|
| # of exercises | 6-13 | 2-10 |
| # of sets | 1 | 1 |
| Speed of movement | 10s(3+7)/10s(3+7) | 5s/5s |
| Reps per set | 3-6, 3 seems to be the goal # | 7+ for all movements except 10 for leg press |
| # of workout days a week | 1-2 | 1-3 |
| Rest between sets | ~1 min | 3 min |
| Supersets | No | Yes |
| Exercises | Exercises (pp.140-164) | Exercises (p.187) |
| <i>*superset</i> | Neck Extension | Pullover + Yates bent row* |
| <i>**different from what Tim did</i> | Chest press** | Shoulder-width leg press |
| | Knee flexion | Pec deck + Weighted dips* |
| | Leg press | Leg Curl |
| | Hip adduction** | Reverse thick bar curl |
| | Pulldowns** | Seated Calf raise |
| | Shoulder side raises** | Manual neck resistance |
| | Overhead shoulder press | Machine crunches |
| | Rowing back** | |
| | Biceps curl** | |
| | Abdominal crunch | |
| | Lower back extension** | |
| | Heel raise | |
| | 7 of the 13 exercises (54%) were NOT used by Tim | |