

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	