

5 Steps to

TRAINING FOR DENSITY



1

SLOW REPS

Moving slowly forces your muscles to do the work —not momentum.

When you rush, you cheat the rep.

When you slow down, you feel every inch of the movement.

This builds control, tension, and long-term strength.

Try counting 3 seconds down, 1 second up. You'll notice the difference.



2

FULL RANGE OF MOTION

Partial reps = partial results.

Training through the full range means you stretch the muscle fully and contract it completely.

This helps with flexibility, joint health, and better muscle development.

If you can't do full range with good form, lower the weight. That's not weakness—it's precision.



3

FIND YOUR FOCUS

Whether it's loud music, preworkout, mirrors, or silence—use what helps you lock in.

The goal isn't to avoid hype—it's to stay present.

Whatever gets you focused, controlled, and consistent is part of the process.

Just make sure it supports your form, not distracts from it.



4

REST WITH PURPOSE

Rest isn't wasted time—it's part of the work.

Take 1 – 3 minutes between sets to recover and stay sharp.

If you're gasping or losing form, you're not building density—you're chasing fatigue.

Use rest to reset your focus, not scroll your phone.



5

TRACK TENSION NOT SORENESS

Soreness is not a reliable sign of progress.

Instead, pay attention to how the muscle feels during the set.

Is it working? Is it under control?

That's tension. That's what builds density.

If you're sore for days but your form was sloppy, you didn't train for density—you just got beat up.



DENSITY IS BUILT NOT CHASED

This style of training takes patience.

You won't feel "wrecked" after every session—and that's a good thing.

You'll feel solid. Clear. Precise.

Over time, your body will reflect that.

