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This is Mike Tuchscherer's instruction manual for the Reactive Training System. This manual provides the user a framework to customize their training like never before. Trial and Error is reduced dramatically as the reader is taught new methods that allow him to listen to his body while making dramatic progress.

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It is a little pricey given how small of a manual it is, but the manual also, that it progresses from sketching out a simple training template using the RPEs into, Westside, 5/3/1, and Sheiko, it...

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Notes on Reactive Training Manual Nathan Beckmann August 26, 2009 1 The Basic Template 1.1 Template Monday Equipped squat variation / raw squat - cyclic: Squat variation (box squat, squat, pin squat) with bands, chains, or reverse bands. Focus on competition squat. For raw (me), this should be a "raw-focused movement". Not sure what this means.

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The Reactive Training Manual has been available for over a year now. In that time, Reactive Training Systems (RTS) as a business has grown and changed a lot. A positive aspect of that growth is that more and more people are discovering RTS and seeking knowledge on the system. It is in this regard that I realized that there are many people who would like to know the basics of what this training system is all about, but in the midst of website updates, much of this information isn't readily ...

[A Reactive Training Manual Overview / Elite FTS](#)

The crux of RTS is autoregulation of training load based on RPE (how hard does the set feel, or proximity of failure) and fatigue percents (the way to regulate training stress).

[Analysis of Reactive Training Systems - Complementary Training](#)

Intensities for the contest lifts were kept fairly high. In the beginning of a training cycle, they would start about 80% and then gradually increase in waves up to 92-95%. The overall pattern of intensity was linear, but it came and went in waves. All of Laddie's training was done using an RPE system to auto-regulate the weight on the bar.

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This is Mike Tuchscherer's instruction manual for the Reactive Training System. This manual provides the user a framework to customize their training like never before. Trial and Error is reduced dramatically as the reader is taught. Best for people who: - Want to understand RTS.

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At Reactive Training we offer small group personal training and nutrition coaching, with all the benefits that you would get from working 1to1 with a personal trainer at a fraction of the cost. If you have never worked with a trainer before but want to know a little more about what's involved before signing up then read on:

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A look at Mike Tuchscherer's Reactive Training Manual, a book on the use of auto-regulation and cybernetic periodization to plan powerlifting workouts. ... For obvious reasons, having such a system in place would be very useful, both for my own training and in training others. The core of this system is the Rating of Perceived Exertion (RPE ...

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