

Your training guide

Keep your workout open and use this guide when an instruction feels unfamiliar.

Calculator and phone app: <https://tinyurl.com/liftwithmotus>

Start here

Your workout is the plan

Open today's TrainingPeaks workout. Read the workout instructions and each exercise's coach notes before starting. Keep the prescribed order, sets, reps, effort and rest. This guide explains the notation; it does not replace your workout.

Read sets and reps

3 x 8 means three sets of eight repetitions. A repetition is one complete movement. A set is the group of repetitions before a rest. Warm-up sets and working sets are separate when the workout lists them separately.

Read a range

8-15 reps gives a lower and upper target. Follow the effort and adjustment instructions alongside that range. Do not automatically do the maximum reps or add extra sets. If the table and coach notes disagree, ask your coach which to follow.

Understand RPE and RIR

For lifting, RPE describes how close the completed set was to your limit with good technique. RIR means reps in reserve. RPE 7 is about 3 good reps left; RPE 8 is about 2; RPE 9 is about 1; RPE 10 is none. Half steps are estimates between those levels. Judge the set after completing it, rather than treating RPE as a heart-rate or soreness score.

An example

For 3 x 8 at RPE 8, complete eight reps in each of three working sets, aiming to finish each set with about two good reps left. Rest as prescribed. Record the weight and reps you actually completed.

Choose your weight

Reps at an RPE

Choose "Lift for a number of reps at an RPE" in Lift With Motus. Enter your coach-approved maximum for that exact exercise, reps in one set and the prescribed RPE. For 3 x 8, select 8, not 3 or 24. The chart gives a starting estimate; the actual effort and your coach's instructions guide adjustments.

Percentage of today's top set

A top set is the main heavy set identified in your workout. Enter the total weight you actually lifted in that set. Do not enter your lifetime maximum or add the weights of multiple sets together. Copy both percentages if the workout gives a range.

A worked example

A 180 lb top set with backdowns at 70-75% gives a calculated range of 126-135 lb. With a 45 lb bar and the selected standard plate sizes, the calculator offers 130 or 135 lb. Keep the backdown sets and reps from the workout. This is an illustration, not a weight recommendation.

Percentage of your 1RM

1RM means one-rep maximum. Use the reference your coach approved for that lift. Do not substitute a different exercise's maximum. If you do not know it, ask your coach; you do not need to test a maximum on your own.

Load the bar

The result includes the empty bar and both sides. Check your bar's weight and the available plate sizes. Put the listed plates on EACH side, then repeat the same arrangement on the other side. For dumbbells or machines, follow your coach's convention for weight per hand versus total weight.

Rounding and bodyweight reps

A single weight target rounds to the nearest weight you can load; a tie uses the lower weight. A true percentage range only offers loadable weights inside it. For pull-ups and push-ups, enter your coach-approved maximum clean reps and use the matching percentage tool. Follow the prescribed number of sets. If no whole-rep or weight choice fits, ask your coach.

A value the calculator does not offer

The RPE chart tool covers 6.5-10 and 1-12 reps. If your workout uses another value, do not change the prescription to fit the calculator. Follow its specific load instructions or ask your coach.

Prepare for the session

Use the planned warm-up

Follow any warm-up blocks, ramp-up sets and movement preparation in the workout. Read the notes before deciding which sets count as working sets. If there is no warm-up guidance or you cannot tell which sets are which, ask your coach.

Check the setup

Confirm the equipment and variation match the exercise. Watch the demonstration before loading. Set the bench, machine, rack and safety equipment for your setup. Have the space and equipment ready before the working sets.

Move through the listed ramp-up

Where the workout lists lighter sets before a heavy set, complete them in the prescribed order. They prepare you for the working load; they are not extra hard sets. Do not add an unplanned maximum attempt.

Keep running targets in the workout

For runs, follow the prescribed pace or heart-rate zones and your connected device's targets. Lift With Motus does not calculate running zones or replace the running workout.

Watch the movement

Find the demonstration

In the TrainingPeaks mobile workout, tap an exercise's video thumbnail when one is available. Check that the movement, grip, bench angle and equipment match your prescription. The exact button layout can vary by app version.

What to look for

Watch the setup, one complete repetition, the movement's finish and the coach's main cues. Then read the coach notes for the load, reps, tempo or variation. The video demonstrates technique; the workout supplies the dose.

A missing or different video

If there is no demo, the equipment differs, or the name is unclear, ask your coach before substituting. Coach-recorded demonstrations will be added as they are supplied. Existing demos remain available where the workout provides them.

Rest between sets

Use the rest in your workout

Set the timer to the rest prescribed for that exercise. The quick buttons are shortcuts, not recommendations. If rest is not listed, ask your coach for the intended interval.

Start and check

Start the timer when you finish the set. Pause or reset it if needed. This is a visual browser timer, not a lock-screen alarm. Keep the page visible to see the finish message. If you return from another app, the countdown updates using the time that has elapsed.

Use the interactive rest timer in the app's Training Guide page.

Record what you did

Start the workout

In the TrainingPeaks mobile app, open today's strength workout and select Start Workout. Read the coach instructions before completing the exercises.

Enter actual results

Check off completed sets and enter the reps and weight you actually used, including any differences from the plan. Do not mark an unfinished set complete. Record effort where an RPE or RIR field is provided.

Leave useful feedback

A short note is enough: "Backdown set 2: 130 lb x 6, about RPE 8. Completed the remaining sets as written." Mention skipped work, equipment changes or an unexpectedly difficult set. Clear observations help your coach review the session.

Finish and save

Select End Workout when you are done so your results are saved. If the controls look different, use TrainingPeaks' current support instructions linked below.

What if?

I missed a workout. Should I double up?

Do not automatically combine two sessions or shift the rest of the week. Tell your coach which session you missed and when you can train. Follow their rescheduling instructions.

I have less time today.

Tell your coach how much time you have. Follow any priorities already written in the workout. Do not turn strength sets into a faster circuit or remove the prescribed rest to make everything fit.

My gym does not have the equipment.

Use a substitute only if the workout or your coach has approved it. Share the original exercise and the equipment you do have. A similar-looking movement can require a different load reference.

The working weight feels different from the target effort.

Check the exercise, units, empty bar, rep count and reference number first. Follow the adjustment rules in the coach notes. If there are none, record the actual effort and ask your coach how to adjust rather than chasing the calculator's number.

I am unsure about a maximum or a test.

Ask your coach for the approved reference and test instructions. The calculator is not a reason to attempt a maximum. Testing sessions follow their own written instructions.

An exercise causes sharp or sudden pain.

Stop that exercise and tell your coach what happened. Do not use a different load or exercise to push through it. Seek medical assessment when needed; a coach's message cannot diagnose an injury.

The numbers in the table and notes conflict.

Send your coach the exercise name and the two conflicting instructions. Do not average the numbers or choose the harder option. Keep the workout unchanged until the intended prescription is clear.

TrainingPeaks help

TrainingPeaks: logging a strength session

TrainingPeaks: strength workout builder