**Link and References for Practical Program Design for Physios**

**Link to get the Programming Charts:**

<http://nicktumminello.com/program-like-a-pro/>

**References:**

De Salles BF et al. **Rest interval between sets in strength training.** Sports Med. 2009;39(9):765-77. [PubMed](https://pubmed.ncbi.nlm.nih.gov/19691365/).

Robbins DW et al. **The effect of an upper-body agonist-antagonist resistance training protocol on volume load and efficiency.** J Strength Cond Res. 2010 Oct;24(10):2632-40. [PubMed](https://pubmed.ncbi.nlm.nih.gov/20847705/).