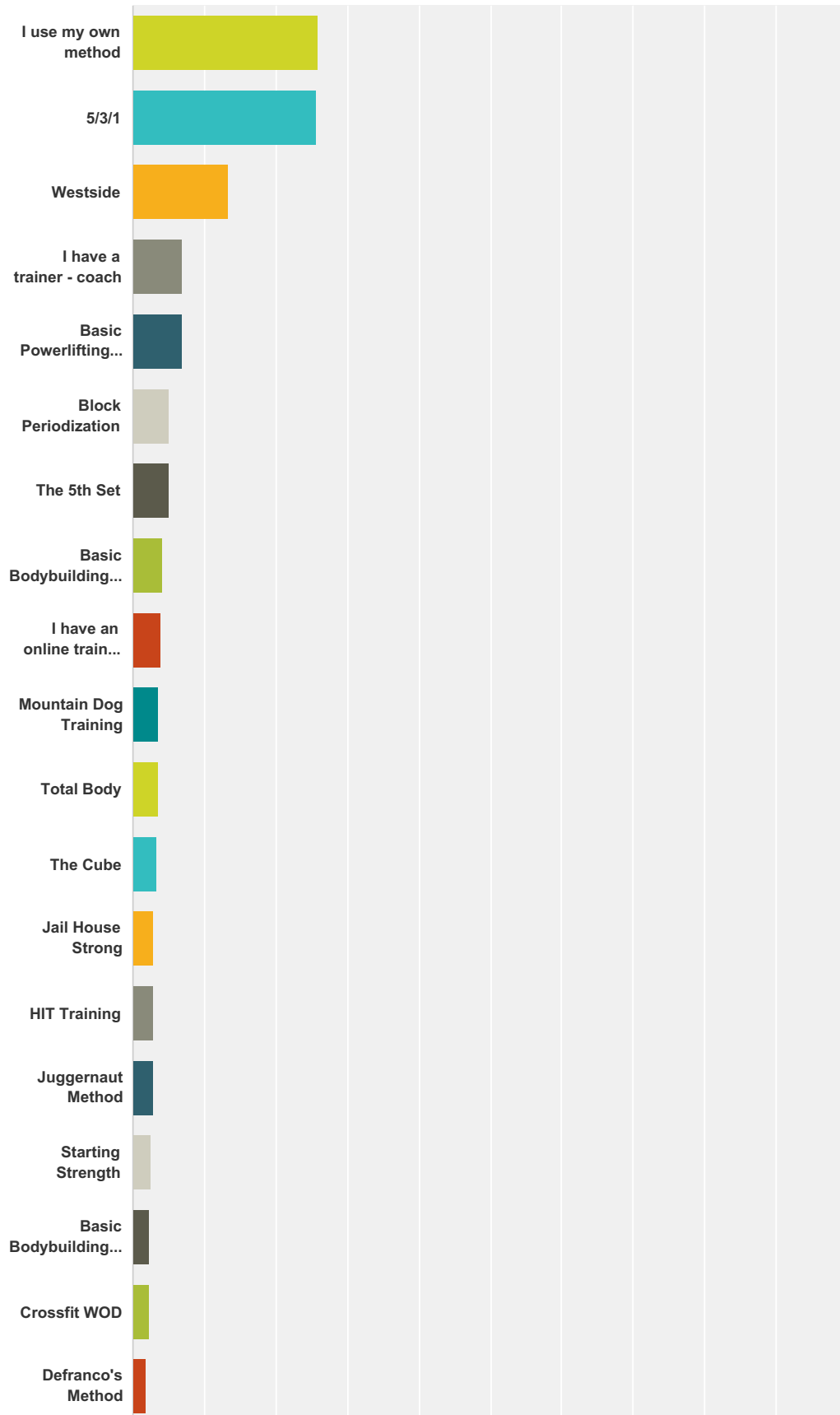


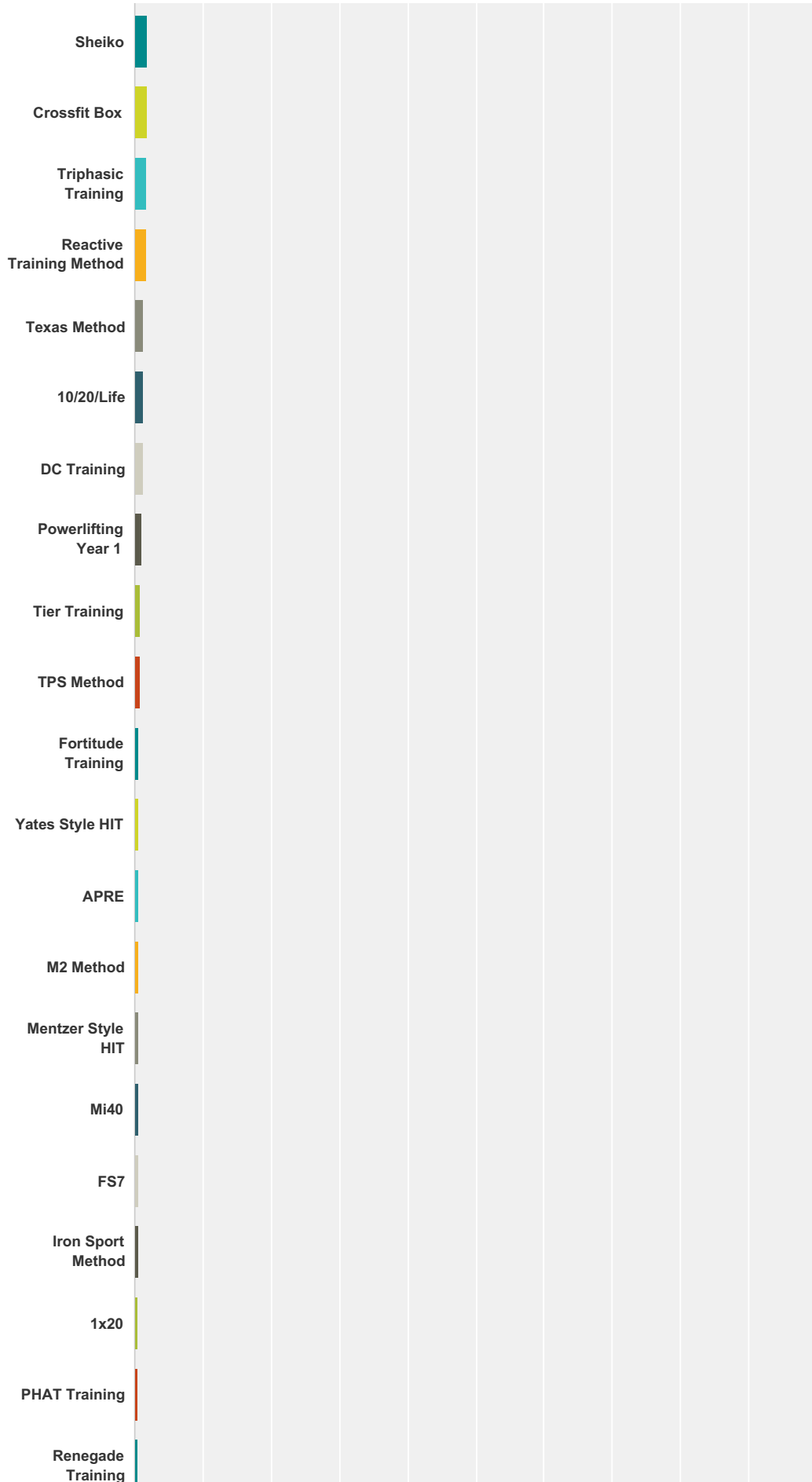
# TRAINING SURVEY

## Q2 How Are You Training Now?

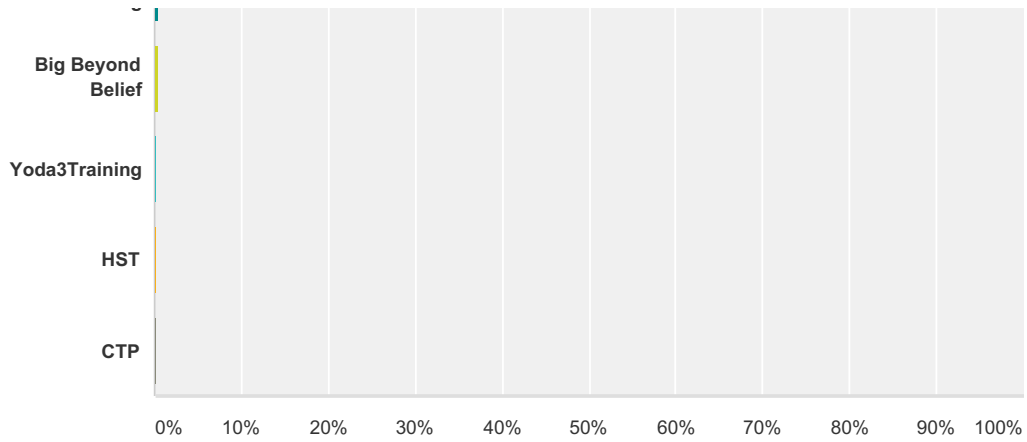
Answered: 6,186 Skipped: 497



# TRAINING SURVEY



## TRAINING SURVEY



Answer Choices	Responses	
I use my own method	25.98%	1,607
5/3/1	25.64%	1,586
Westside	13.40%	829
I have a trainer - coach	6.95%	430
Basic Powerlifting Linear Periodisation	6.82%	422
Block Periodization	5.09%	315
The 5th Set	5.03%	311
Basic Bodybuilding 4- Day Split	4.15%	257
I have an online trainer - coach	4.04%	250
Mountain Dog Training	3.46%	214
Total Body	3.46%	214
The Cube	3.33%	206
Jail House Strong	2.97%	184
HIT Training	2.85%	176
Juggernaut Method	2.83%	175
Starting Strength	2.59%	160
Basic Bodybuilding 3-Day Split	2.38%	147
Crossfit WOD	2.26%	140
Defranco's Method	1.97%	122
Sheiko	1.79%	111
Crossfit Box	1.78%	110
Triphasic Training	1.58%	98
Reactive Training Method	1.58%	98

## TRAINING SURVEY

Texas Method	1.26%	78
10/20/Life	1.18%	73
DC Training	1.16%	72
Powerlifting Year 1	1.08%	67
Tier Training	0.76%	47
TPS Method	0.76%	47
Fortitude Training	0.73%	45
Yates Style HIT	0.70%	43
APRE	0.68%	42
M2 Method	0.66%	41
Mentzer Style HIT	0.61%	38
Mi40	0.60%	37
FS7	0.55%	34
Iron Sport Method	0.55%	34
1x20	0.45%	28
PHAT Training	0.44%	27
Renegade Training	0.44%	27
Big Beyond Belief	0.39%	24
Yoda3Training	0.31%	19
HST	0.27%	17
CTP	0.24%	15
<b>Total Respondents: 6,186</b>		