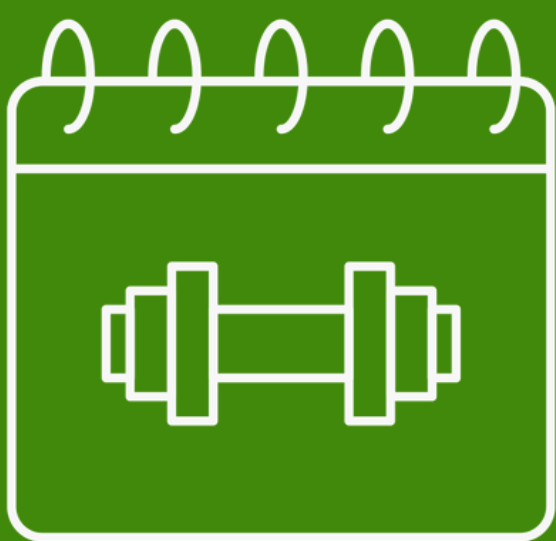


HOW TO

PROGRESS RESISTANCE ACTIVITY

FREQUENCY

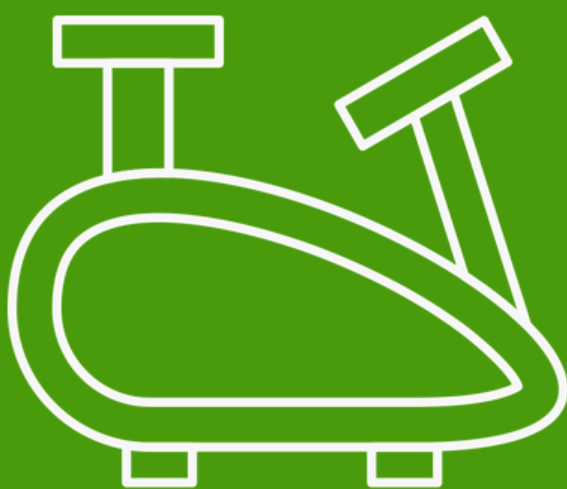
.....
How often are you exercising?



Progress by making sure you are meeting guidelines for at least 2 sessions per week.

INTENSITY

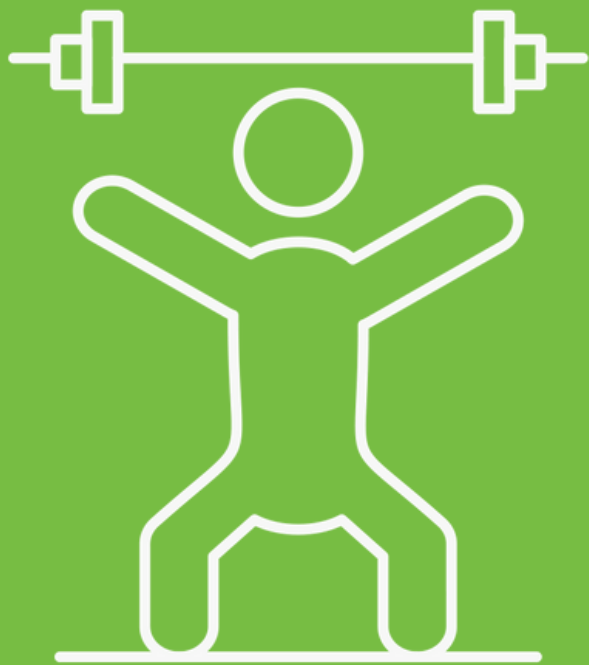
.....
How difficult are the exercises?



Progress by trying a harder variation of the same exercise. For example: plank from your toes instead of from your knees.

TIME

.....
How many sets & reps?



Progress by increasing the number of sets and/or repetitions during your workouts.

TYPE

.....
What exercise are you doing?



Changing the type of exercise can change how your muscles work to complete the same movement.