

HOW TO

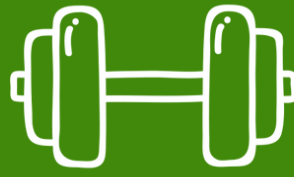
PROGRESS RESISTANCE ACTIVITY PUTTING IT ALL TOGETHER



Only change one variable at a time



Change up your routine every 2-3 weeks



Change frequency & time before you change intensity

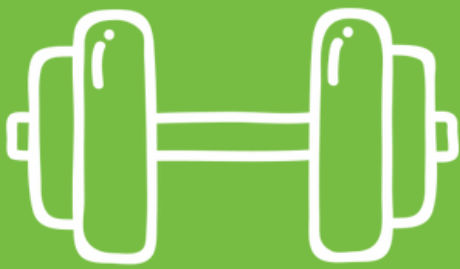


Try adding complex and full body exercises*

SUGGESTED PROGRESSION GUIDELINES

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Sets		2				3				3-4		
Repetitions		12				10				8		
Rest		60s				60s				60s		
Weight	—	↑	↑	↑	—	↑	↑	↑	—	↑	↑	↑

*maintain the same weight as previous week while adjusting to new sets and repetitions



What is the difference between strength and hypertrophy?

Strength is a measure of how much force can be produced, whereas hypertrophy describes the size of the muscle. We want to develop muscle size before strength.

The goal for all of these sets and repetitions is to be able to complete the desired number of sets and repetitions, but not be able to complete any extra repetitions. If you can complete more repetitions, it is time to increase the weight!

When you are increasing weight, increase the weight by approximately 2.5 lbs on upper body exercises and by 5-10 lbs on lower body exercises.