



EXERCISE PROGRAM PROGRESSION

↳ Why and How to Progress?

The human body adapts to stress very well. In order to get stronger, faster, jump higher, and run further, the body needs to be exposed to progressively increased levels of stress. We do this through multiple different ways, depending on your own personal goals. These are certainly not conclusive and there are more ways than these to progress or change an exercise.

- Increase Repetitions
- Increase Sets
- Increase Weight
- Increase Range of Motion
- Perform Single Leg or Arm
- Change the Tempo
- Change your Base of Support
- Change the Angle of Force
- Change the Ground

↳ When to Progress or Change?

Knowing when to progress an exercise or lift can be difficult. Generally speaking, your body will tell you when it is ready to progress such as good recovery following the exercise, or minimal to no soreness the following day. Here are some tips on when to progress an exercise:

- Effort to perform the exercise has reduced - it feels easier than before
- Hit a plateau with your routine
- Feeling bored with your lift or routine - exercise should be fun
- Following a block of weeks - Macro period typically lasting 6-12 weeks
- Goal of your routine has changed

↳ When to Avoid Progression?

Your body is also really good at telling you when you should avoid progressing or even regress during an exercise.

- Pain or swelling around a joint during or after an exercise
- Muscle fatigue prior to hitting a target repetition
- Breakdown of technique
- Excessive fatigue that interferes with daily activities or sleep
- Reduction in performance - unable to lift a weight previously achieved