



Ways to Progress Your Exercises

Some basic ways to change what you're doing are:

1. **Change your weight:** Every week try to increase your weight by at least 5%. If doing body weight, you can slow down your tempo and add holds.
2. **Change the rest periods:** By altering rest periods (making them shorter) it can dramatically increase the intensity of your workouts.
3. **Take exercises after your big lifts, and make them into a circuit:** by continuously moving and putting exercises all together, you are dramatically changing the intensity and how your body reacts to the workout.
4. **Change your position:** Look for ways you can change your position to make moves a bit different. If you usually do regular squats, try taking the feet wide and the toes out in a wide squat to fire different muscle fibers. Change your chest press by going to an incline. Change your arm position during pushups and try a staggered version.
5. **Change the type of resistance:** If you usually use machines, try free weights or the cable machines. If you always do free weights, try some of your exercises on machines. Movements will always feel different when you change the resistance. Resistance bands offer a variety of ways to work your muscles. Take your usual chest press and move it to a standing position with a band chest press.
6. **Go from two legs/arms to one leg/arm:** Great way to change exercises is to use only one arm or one leg at a time. This makes almost any lower body move more intense. One-legged squats are much harder than regular squats. One-legged deadlifts challenge the standing leg in a whole new way. Even upper



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body moves get more challenging when you switch to one arm at a time as in this one-armed chest fly or this one-armed triceps pushup.

7. **Change the speed or movement:** take a dumbbell chest or back exercise and change the movement. Start with alternating right and left with a pause, then change it to reciprocal movement where there is no pause. This challenges the core in order to maintain position without other parts of your body moving.
8. **Add a balance challenge:** Challenge your balance by doing a one arm bent over row with a cable or dumbbell, standing on one leg. Do a Chest press on a ball with one leg up.

The key to challenging and progressing is to NOT challenge all these variables at once. Do one to two changes every 3 weeks. Your body likes and craves change but it does NOT like too much all at the same time.

The body loves progression and responds very well to slight alterations and will repay you with great results.

Have a healthy fit body is about progressive change so you avoid injury, overtraining and avoiding disliking your journey.