



PROGRESSIVE

Overload



ACTUALLY MAXIMIZE GAINS FROM YOUR NEW PROGRAM, EVEN IF IT CAME FROM YOUR COACH... OR YOUR FRIEND'S COUSIN'S UNCLE WHO COACHED AN IFBB PRO BACK IN THE '70S.

IT STARTS WITH THE WARM-UP

WARM-UPS ARE INDIVIDUALIZED. THERE'S NO PERFECT TEMPLATE — BUT THERE ARE RULES.

- ✗ NO STATIC STRETCHING**
- ✗ NO FOAM ROLLING**
- ✗ NO "ACTIVATION DRILLS" UNLESS YOU'RE DEALING WITH AN ACTUAL INJURY**





USE DYNAMIC WARM-UPS:

THAT JUST MEANS DOING THE MOVEMENT YOU'RE TRAINING AT LIGHTER LOADS — AND RAMPING UP GRADUALLY. I LIKE TO PYRAMID UP TO MY WORKING SET.

THE NUMBER OF WARM-UP SETS DEPENDS ON:

- THE TOP WEIGHT
- WHETHER THE LIFT IS **COMPOUND OR SINGLE JOINT**

REST INTERVALS MATTER:

- EARLY WARM-UPS: **NO REST**
 - PAST 50%: **60 SEC**
 - PAST 75%: **90 SEC**
 - PAST 90%: **120 SEC**
 - BEFORE FIRST WORKING SET: **150-180 SEC**
 - BETWEEN WORKING SETS: **180 SEC MINIMUM**
→ **COULD BE LONGER FOR HEAVY SQUATS OR DEADLIFTS**
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WORKING SETS = REAL WORK

A WORKING SET IS ANY SET TAKEN TO TASK FAILURE.

HOW TO ADJUST BETWEEN SETS:

- ABOVE THE TARGET REP RANGE? → ADD WEIGHT FOR NEXT SET
- **IN THE RANGE?** → KEEP THE WEIGHT
- **BELOW THE RANGE?** → DROP THE WEIGHT

**REPEAT THIS BETWEEN SET 1 → SET 2 → SET 3
→ SET 4, IF NEEDED.**



✗ WHAT IS TASK FAILURE (AND WHAT IT'S NOT)

TASK FAILURE = THE POINT WHERE YOU CANNOT COMPLETE ANOTHER REP WITHIN THE MOVEMENT STANDARD.

THAT MEANS:

- YOU LOSE TEMPO
- YOU CUT ROM
- YOU GET SLOPPY ON CONTROL
- OR YOU BREAK THE RIR TARGET

☛ **THERE IS NO SUCH THING AS “MUSCULAR FAILURE” YOU CAN ALWAYS REST AND DO ANOTHER SET.**

WEEKLY PROGRESSION: USE DOUBLE PROGRESSION

GOAL: MAX OUT REPS IN YOUR TARGET RANGE → THEN INCREASE LOAD NEXT WEEK

- **SET 1 THIS WEEK DETERMINES:**
 - SET 2 THIS WEEK
 - SET 1 NEXT WEEK
- **SET 2+ THIS WEEK = ONLY DETERMINES THE NEXT SET THIS WEEK**
- **SET 2+ HAVE NO INFLUENCE ON NEXT WEEK**

ALL WORKING SETS ACROSS THE SESSION SHOULD PROGRESS OVER TIME.

IF THEY AREN'T? → YOUR VOLUME LOAD IS TOO HIGH.





PROGRESSION: THE ONLY METRIC THAT MATTERS

PROGRESSION IS:

- MORE WEIGHT FOR THE SAME REPS
- MORE REPS AT THE SAME WEIGHT
- BETTER TEMPO, CONTROL, OR ROM

PROGRESSION IS NOT:

- MORE VOLUME BECAUSE YOUR 6AM FASTED LIFT IS NOW A 5PM FUELED LIFT
- ADDING EXTRA SETS “BECAUSE I FELT GOOD”
- GOING FROM 2RIR TO 1RIR WITHOUT CHANGING WEIGHT OR REPS
- JUST DOING “MORE” FOR THE SAKE OF IT

REAL PROGRESSION COMES FROM CONSISTENT OVERLOAD – NOT JUST SWEAT.



BONUS TIP: DON'T NEGLECT MICROLOADING

PROGRESSION ISN'T ALWAYS 5-10 LBS. USE:

- 2.5S
- 1.25S
- EVEN FRACTIONAL PLATES

LONG-TERM PROGRESS DEPENDS ON MAKING **SMALL, SUSTAINABLE INCREASES** – NOT EGO LIFTS.





Want to Learn More?

Contact me with “Progressive Overload” and I’ll help you maximize your gains

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