

## **HOW TO DESIGN A TRAINING PROGRAM**



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### **How to Design an Optimal Glute Training Program Bret**

In efforts to help the readers of my blog more effectively train their glutes, I thought I d shed some light on program design tactics for glute building. This isn t as easy as it seems, since the design of each training session depends on many factors, including the goal of the lifter, the

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### **How to Create an Effective Training Program 8 Steps to**

Step 1: Perform a Training Needs Assessment. Imagine someone at work perceives a problem and thinks a new training program might resolve it. For example, maybe the production manager says that her workers need to be more efficient and create more units of a product.

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