# **Progressive Overload:**

### **"It doesn't get easier, you just get better."**

#### **- Spenser Stokes (And probably others)**

At the end of the day, when it comes to training, getting stronger, building muscle, and making progress. There really is only one concept that you have to truly grasp, and that is the concept of **Progressive Overload**. Progressive overload is a training principle that involves gradually increasing the intensity, volume, or difficulty of exercises to continuously challenge the body and stimulate muscle growth, improve strength, and increase overall fitness. Simply put, it means gradually making your workouts ***a little bit harder*** each and every session in the gym. You should never really get to a point in your training where you feel like a certain exercise is "Easy", usually if the movement feels "easy", you might not be training hard enough and it's a good sign for you to make that exercise harder. This can be achieved through a number of ways, like increasing the **weight lifted**, the **number of repetitions or sets**, the **duration of the workout**, or the **complexity of the exercises** over time (and that's just the tip of the iceberg). The goal is for the exercises to not feel easy, but also not so hard that you cannot do the movement with correct form within a target rep range.

It's important to note that with this approach you need to be realistic in your goals, and focus on ***small and sustainable improvements over a longer period of time****.* For example, if you are currently Goblet Squatting 25lbs for 8 reps in week 1, you wouldn't want to attempt to Squat 60lbs for 8 reps the following week. You **CAN** get there in time, but you will have a much better time if you follow a path to get there. Your main goal when you walk into the gym for your workout is to beat your previous performance by some marker. These performance markers do not have to be massive leaps forward, and in all honesty, they won't be. Sometimes this will look like adding 5lbs to a lift, other times it will simply be being able to move the same amount of weight you did last week, but you are moving it "Better" (more control, and more stability). Progress can even be as simple as resting 10-20 seconds less in between your sets than you normally would. You should be approaching each workout with the mindset that you are trying to beat your previous performance by as little as 1%. Better **is** better.

This is where the concept of **"Minimum Effective Dosage" (MED)** comes from. It refers to the smallest amount of exercise required to achieve a desired improvement in strength, muscle growth, or performance. This concept emphasizes efficiency and avoiding unnecessary volume or intensity, which can help prevent overtraining and reduce the risk of injury. **MED** is essentially determining and only being concerned with **"*smallest next step forward"***, and take then taking it.

*Progressive Overload* and *Minimum Effective Dosage* are simple concepts in theory, but the further you get in your lifting career, you will start to see there is more nuance than meets the eye, and that "progress" isn't always linear. However, week after week you should be looking at your workouts through the lens of Progressive Overload and using Minimum Effective Dosage to attain that goal.

**-A note on Pain vs Discomfort-**

One thing I would like for you to consider is the language used in regards to your training and intensity. When I say that a movement or exercise shouldn't **"feel easy"**, that doesn't mean that the movement shouldn't **"feel good"**, and when I say you should be striving to make an exercise more difficult, that doesn't mean that the movement or exercise should **"feel bad"**, or worse, **"hurt"**. **Exercise should never "hurt"**. If you are ever experiencing pain during an exercise or workout, you should stop the exercise immediately, assess the situation and **if the pain persists or gets worse you should consult a medical professional.**

I think it's important to be aware of the distinction between **"Pain"** and **"Discomfort"**. I can't tell you how many times I have watched a client preform a hard set in the gym, where they put in a high level of effort, execute the lift very well, but when I ask them after they are done "How did that feel?" They laugh it off, and say "It hurt." To which I follow-up with-- "Did it hurt, or was it just hard and uncomfortable?" and 9/10 it is the latter. While I do understand the levity and the intention to what they are saying, I do think it's important to realize they are two separate feelings. Your body doesn't know the difference in your intention, but it will internalize your thoughts.

In training, and in any situation where you are pushing yourself and exerting higher levels of effort, there are going to be times where you are exposed to discomfort. It can be a fine line between pain and discomfort, and as your level of intensity increases, your awareness of that line becomes all too important. The language you use when talking to yourself matters, and if you constantly shy away from "discomfort" or you are quick to label it as "pain" you might be tricking yourself, and worse, selling yourself short of your potential.

You have to start developing a sense of when an exercise or movement is causing you pain (and you need to back off/stop), or when something is just uncomfortable and difficult and it's okay to push past it. The earlier you start to build awareness the easier it will be to distinguish the two apart from each other when you are working with heavier weights. We sometimes have to remind ourselves that it's okay, and even sometimes good for us to be uncomfortable, but we should never be pushing into or past our pain threshold.

# **How fast should I be progressing?**

Setting realistic expectations is key to staying motivated and avoiding frustration. Here's a general outline of what you might expect over the next six weeks, keeping in mind that individual progress can vary based on factors like genetics, nutrition, sleep, and overall lifestyle:

If you are fairly new to this style of training, generally speaking, **weeks 1-2** will be focused on getting comfortable with your lifts, learning the proper form, and finding your baseline for the weights you'll be using for each exercise. You'll experience "neurological gains," which is just a fancy way of saying your brain will be learning how to properly communicate with the body, which will help you execute and control the movements of each exercise better. For example, if you haven't worked with dumbbells in a long time you might notice that you might feel "shaky" or have a hard time moving them in a controlled manner. That is because when working with dumbbells there is an element of stability, and proprioception that recruit the smaller muscles in and around your major joint complexes to work to help stabilize the movement. During this time you will more than likely begin to add weight to your lifts utilizing some of the progression methods detailed below (about 5-10% improvement each week).

Adding more weight to your lifts is always going to be the most obvious form of progression. For Upper-body dumbbell exercises, you will typically see an increase in your weight of about 5lbs each week. (Example: Dumbbell Bench Press, the dumbbell in each hand will go up 5lbs), and for lower body exercises you should expect to see an improvement of about 10lbs a week (Example: Goblet Squat, the dumbbell will go up a total of 10lbs. You *can* go up as small as 5lbs if you'd like). However, as you get stronger the jumps in weight will start to slow down, and it will be more and more challenging to make the incremental bump.

Moving into **weeks 3-4** you will start to see even more consistent strength gains. Your weights will be heavier, and you will start to see some signs of muscle growth. Beginners often experience a phenomenon called "newbie gains," where muscle growth and strength improvements can happen relatively quickly compared to more experienced lifters. This is a very real phenomenon, and you should cherish the days of newbie gains. Depending on just how new you are to training, this period of time can be much longer than you might anticipate. Your muscular endurance will improve, allowing you to complete more reps or sets with the same weight compared to when you started. It's important to note that *how much* *weight you lift* is not the only standard by which we can measure our progress. As I mentioned in the section on Progressive Overload, progress can take on many different forms. Such as, performing more reps with the same weight than you did last week. Adding additional sets to your workouts. Increasing the range of motion of an exercise, or even as simple as how well you can control and move the weight in space.

By **weeks 5-6** you will have seen a noticeable difference in size and strength. You will start to feel "in the groove" and comfortable with your lifts. The intensity will be at it's height, and you will be focused on making small improvements in your weights. It's important to remember that progress can be non-linear and everyone responds differently to training. Some weeks you might see significant gains, while other weeks might feel like a plateau. This is normal and part of the process. Keep focusing on long-term goals and celebrate the small victories along the way.

# **How do I know when I'm ready to add weight?**

## **"Double Progression" and "Rep Ranges"**

This is where we will discuss the method of **"Double Progression"** and **"Rep Ranges"**. **Double Progression** is the gold-standard method of progression that tracks two variables: **Intensity** (how hard you are working) and **Volume** (Total Amount of work done).A **Rep** stands for Repetition, and represents the number of times you will preform a movement for a specific exercise. A Rep Range is a target of Reps you want to be aiming to **stay within**. Now all the rep-ranges will be programmed in for you, and most of the time we will be working in-between the range of **6-8 reps**, **8-10** or **10-12 reps**. There are other rep ranges and rep schemes out there, but for the purposes of this program we will be staying within these ranges for the majority of the time.

To understand when it's time to make a jump in weight let's talk about the **Upper and Lower Limits** of these rep ranges. For our example, let's use the Rep Range 6-8 reps (**6** being the **lower limit**, and **8** being the **Upper limit**). You might be thinking *"6-8 reps seems pretty low Spenser."* You'd be right, however that's where the beauty of **RPE** and **RIR** (which we will discuss in a moment)comes into play. Generally speaking, the number of reps in a range isn't as important to muscle growth as *the level of intensity* at which those reps are performed. We want to be working with weights that provide a challenge while **staying within these rep ranges**, and not outside of them.

Let's take a look at what the science has to say about Rep-ranges. In a comprehensive review performed by the **American College of Sports Medicine** they found:

"**For novice** (untrained individuals with no Resistance training experience or who have not trained for several years) training, it is recommended that loads correspond to a repetition range of an **8-12 repetition** maximum (RM). **For intermediate** (individuals with approximately 6 months of consistent RT experience) **to advanced** (individuals with years of RT experience) training, it is recommended that individuals use a wider loading range from **1 to 12 RM** in a periodized fashion with eventual emphasis on heavy loading (1-6 RM)."

Stand, P. (2011). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults.. *Medicine and science in sports and exercise*, 41 3, 687-708 .<https://doi.org/10.1249/MSS.0b013e3181915670>.

As you can see, all rep ranges can be useful and utilized for gains in both muscle growth and muscle performance, they just need to be met with the right level of intensity.

If you pick a weight that you can only do 4 reps of **(0 RIR, 10 RPE)**, you will be outside the **Lower limit** of rep range. That means the weight is too heavy and you need to back off 5-10lbs. On the other hand, if you are working with a weight that you can do 3-5+ reps past the **Upper Limit (5 RIR, 4/5 RPE)** then the weight is too light and you should aim to raise the weight 5-10lbs for the next set.

Once you reach the **Upper Limit** of the rep range with a given weight for even one set, you can think of that as "leveling up", and it's time to tackle the next challenge. When you make a jump in weight during a workout, you can typically expect to get close to the Lower-limit of your rep range during your next attempt.

Let's take a look some examples for more clarity.

### **Example:**

Let's use **Squats** as our example exercise and **6-8 reps** as our example rep range. In the program it will look something like this:

| **Week 1** | **Goblet Squat** | |
| --- | --- | --- |
| **3 Sets** | **6-8 Reps** | **Weight- 25lbs** |
| Set 1 | **7** Reps | **25**lbs |
| Set 2 | **8** Reps | **25**lbs |
| Set 3 | **6** Reps | **35**lbs |

As you can see, in set number 1, you completed a set of **7 reps** with 25lbs (**8/9 RPE**, **1-2 RIR**). This is within our rep range. So you would maintain the current weight you are working with. Then for set number two, you completed 8 Reps with 25lbs (**RPE 8/9, 1-2 RIR**). You completed the Upper Limit. It's now time to level up and move up in weight. For set number three, you added 10lbs to your lift, but were only able to complete 6 reps (**RPE 9/10, 0-1 RIR**). This may be the lower limit, but you still are **within** the rep range. You would then work with that weight until you could reach the upper limit. So the next time you are scheduled to do Goblet Squats it may look something like this.

| **Week 2** | **Goblet Squat** | |
| --- | --- | --- |
| **3 Sets** | **6-8 Reps** | **Weight- 35lbs** |
| Set 1 | **6** Reps | **35**lbs |
| Set 2 | **7** Reps | **35**lbs |
| Set 3 | **7** Reps | **35**lbs |

So in this example, as you can see, you didn't make any jumps in weight, because you did not reach the upper limit of the rep range. However, that doesn't mean that you didn't progress and get stronger compared to the previous week. You lifted **more weight**, for **more reps** than you did in the pervious week, meaning you did **more total volume** than the pervious week. Better **is** better.

Let's look at one more example.

| **Week 3** | **Goblet Squat** | |
| --- | --- | --- |
| **3 Sets** | **6-8 Reps** | **Weight- 35lbs** |
| Set 1 | **8** Reps | **35**lbs |
| Set 2 | **5** Reps | **45**lbs |
| Set 3 | **7** Reps | **40**lbs |

Now in this example, we can see that for your first set you completed the lift at the Upper Limit of the rep range. So for set number two, you added 10lbs to your lift, but you were only able to do 5 reps, which is just outside of the Rep Range. So for your final set, you split the difference in weight and dropped 5lbs down, from which you were then able to reach 7 reps. So next time you are scheduled for Goblet Squats you would start at 40lbs, and repeat the process.

Hey everyone, welcome to your program overview for **The Daily Vitamins**—a daily (or near-daily) body maintenance routine designed to keep you moving well, feeling strong, and laying the groundwork for long-term progress.

This isn't just a warm-up or accessory work—this is essential training. Think of it as brushing your teeth for your body. It’s a short, focused routine built around **mobility, core stability, and foundational strength movements** that will enhance everything else you do in the gym (and in life).

#### **Why These Movements?**

The core of this routine includes:  
 ✅ **Planks & Side Planks** – Reinforcing core control and spinal stability.  
 ✅ **Bear Plank & Crawling Variations** – Teaching total-body coordination and strength.  
 ✅ **Glute Bridges & Single-Leg Variations** – Building strong, stable hips to support your lower back.

These are movements I personally prioritize in my own training, and I come back to them often because they **build resilience, protect against chronic pain, and create a foundation for more advanced training**. If you haven’t mastered these, or if you neglect them, your other lifts will suffer. But when you do these well, **you’re supercharging your ability to train harder, move better, and stay pain-free**.

#### **How It Works**

This routine takes about **20-30 minutes** and is structured in three parts:  
 1️⃣ **Daily Mobility Work** – Opening up tight areas and reinforcing movement quality.  
 2️⃣ **Core, Hip, & Shoulder Stability** – Targeting weak links that impact strength and movement.  
 3️⃣ **Cool Down & Flexibility** – Helping you recover and improve long-term movement capacity.

This isn’t about crushing yourself with intensity—it’s about **intentional, high-quality reps** that make you stronger where it matters most. Whether you’re a beginner just getting started or an experienced lifter looking to bulletproof your body, **The Daily Vitamins are non-negotiable**.

Approach this work with focus, do it consistently, and you’ll feel the difference in everything you do. Let’s get to work!

This keeps the tone engaging and reinforces why these movements matter. Let me know if you want to tweak anything!

##### **You said:**

I want you to add into the intro paragraph that these types of exercises, while being strength focused, respond well to more frequency than your typical resistance exercises. We can think of these movements more as "bullet-proofing", as well as skill focused work. This style of training responds well to frequency (how often you do them). If you are pairing this routine with a more advanced workout program, you can do this portion of the program on a more daily approach 4-7 days per week and not have it interfere with your recovery, but if you are adding a full body compound movements you will want to spread out that additional work with recovery days.

###### **ChatGPT said:**

### **The Daily Vitamins – Your Foundation for Strength & Mobility**

Hey everyone, welcome to your program overview for **The Daily Vitamins**—a daily (or near-daily) body maintenance routine designed to keep you moving well, feeling strong, and laying the groundwork for long-term progress.

Unlike traditional resistance exercises, these movements respond well to **higher frequency** and can be done more often without interfering with recovery. Think of this as **"bullet-proofing" work**—a combination of strength and skill-focused training that reinforces movement quality and resilience. If you're pairing this with a more advanced workout program, you can perform this routine **4-7 days per week** without it negatively impacting your recovery. However, if you're adding heavier, full-body compound movements into your routine, you'll want to **balance that additional work with appropriate recovery days**.

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Approach this work with focus, do it consistently, and you’ll feel the difference in everything you do. Let’s get to work!

This keeps the key points you wanted while maintaining the engaging, professional tone. Let me know if you'd like any other refinements!

##### **You said:**

Also add in, this routine is designed with total beginners in mind. So if you are someone who has never worked out a day in your life, or maybe you are coming back to training after an injury or serious life event this is for you. In this program we will lay out a progression path for if you can't do a standard plank all the way to more advanced variations. We got you covered.

###### **ChatGPT said:**

### **The Daily Vitamins – Your Foundation for Strength & Mobility**

Hey everyone, welcome to your program overview for **The Daily Vitamins**—a daily (or near-daily) body maintenance routine designed to keep you moving well, feeling strong, and laying the groundwork for long-term progress.

Unlike traditional resistance exercises, these movements respond well to **higher frequency** and can be done more often without interfering with recovery. Think of this as **"bullet-proofing" work**—a combination of strength and skill-focused training that reinforces movement quality and resilience. If you're pairing this with a more advanced workout program, you can perform this routine **4-7 days per week** without it negatively impacting your recovery. However, if you're adding heavier, full-body compound movements into your routine, you'll want to **balance that additional work with appropriate recovery days**.

#### **Designed for Beginners & Beyond**

This routine is built with **total beginners in mind**. So if you’ve never worked out a day in your life, or if you’re coming back to training after an **injury, pregnancy, or a major life event**, this is for you. We’ll meet you where you’re at and help you **build strength safely and effectively**.

In this program, we’ll also **lay out a clear progression path**—whether you’re working toward holding a **standard plank** or advancing to more challenging variations, **we got you covered**.

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Approach this work with focus, do it consistently, and you’ll feel the difference in everything you do. Let’s get to work!

This keeps the welcoming, beginner-friendly tone while reinforcing how essential this work is for everyone. Let me know if you want any tweaks!

##### **You said:**

I want you to make me a chart of easy to understand path of progression to take someone who cannot do a standard plank to doing a standard 60 second plank. The progressions that I would like incorporated into this plan will include building up reps with static holds (5 Reps + 10 second holds on each rep) Then 3 reps for 20 second holds, and then 2 reps with 30 seconds holds, then building into sets of 45-60. Once they have completelted 60 seconds of planking fairly easily, it's time to move onto the bear plank progression path, following a similar plan of attack, but then progressions will be static bear plank holds (same formart as with the plank) then moving into shoulder taps, then moving into linear crawling, then lateral crawling.

###### **ChatGPT said:**

Here's an easy-to-follow **Plank Progression Chart** that takes someone from **zero** to a **solid 60-second plank**, and then moves into **bear plank progressions** for even greater core strength and stability.

### **Plank Progression Path**

| **Level** | **Exercise** | **Goal Before Progressing** |
| --- | --- | --- |
| **Level 1** | Incline Plank (hands on elevated surface) | 5 reps of 10s holds |
| **Level 2** | Knee Plank | 5 reps of 10s holds → 3 reps of 20s holds → 2 reps of 30s holds |
| **Level 3** | Standard Plank | 5 reps of 10s holds → 3 reps of 20s holds → 2 reps of 30s holds |
| **Level 4** | Full 60s Plank | Hold for 60s comfortably → Move to Bear Plank Progressions |

### **Bear Plank Progression Path**

| **Level** | **Exercise** | **Goal Before Progressing** |
| --- | --- | --- |
| **Level 1** | Static Bear Plank Hold | 5 reps of 10s holds → 3 reps of 20s holds → 2 reps of 30s holds → Full 60s hold |
| **Level 2** | Bear Plank Shoulder Taps | 5 reps of 10 taps per side |
| **Level 3** | Linear Bear Crawl | 5 reps of 5 forward & backward steps |
| **Level 4** | Lateral Bear Crawl | 5 reps of 5 steps each direction |

This structured path **builds endurance, strength, and control gradually**, ensuring proper form and **injury-free progress**. Let me know if you want to refine or adjust anything! 🚀

##### **You said:**

This is a good start, but can you make it even more in depth and show the progressions

###### **ChatGPT said:**

Here’s a **detailed, step-by-step Plank & Bear Plank Progression Path**, designed to take someone from **zero** to **a strong, stable 60-second plank** and **beyond into advanced bear plank work**.

Each level includes **exercise cues, a structured progression plan, and clear goals** for when to move to the next level.

## **Plank Progression Path (From Absolute Beginner to a Solid 60-Second Plank)**

| **Level** | **Exercise** | **Setup & Form Cues** | **Progression Plan** | **Goal Before Moving On** |
| --- | --- | --- | --- | --- |
| **Level 1** | **Incline Plank (Hands Elevated on a Bench or Wall)** | - Hands on an elevated surface, feet on the floor.  - Body in a straight line, core tight.  - Avoid sagging hips or arching back. | ✅ **5 reps of 10s holds**  ✅ **Increase to:** 3 reps of 20s holds → 2 reps of 30s holds | **Hold a 30s incline plank comfortably with good form** |
| **Level 2** | **Knee Plank** | - Knees on the floor, core braced.  - Shoulders over wrists, hips level with shoulders.  - Avoid dropping or hiking hips. | ✅ **5 reps of 10s holds**  ✅ **Increase to:** 3 reps of 20s holds → 2 reps of 30s holds | **Hold a 30s knee plank comfortably** |
| **Level 3** | **Standard Forearm Plank** | - Elbows under shoulders, feet hip-width apart.  - Core engaged, glutes slightly squeezed.  - Avoid excessive arching or rounding. | ✅ **5 reps of 10s holds**  ✅ **Increase to:** 3 reps of 20s holds → 2 reps of 30s holds | **Hold a 30s plank comfortably** |
| **Level 4** | **Full 60-Second Plank** | - Maintain perfect form for a full minute. | ✅ **Hold for 60s comfortably** | **Once this feels strong, move to Bear Plank Progressions!** |

## **Bear Plank Progression Path (Building Stability, Strength & Movement Control)**

| **Level** | **Exercise** | **Setup & Form Cues** | **Progression Plan** | **Goal Before Moving On** |
| --- | --- | --- | --- | --- |
| **Level 1** | **Static Bear Plank Hold** | - Hands under shoulders, knees under hips.  - Lift knees **just an inch off the floor.**  - Keep spine neutral, core tight. | ✅ **5 reps of 10s holds**  ✅ **Increase to:** 3 reps of 20s holds → 2 reps of 30s holds → Full 60s hold | **Hold a 60s bear plank comfortably** |
| **Level 2** | **Bear Plank Shoulder Taps** | - Same bear plank setup.  - Lift one hand to tap opposite shoulder **without rocking**.  - Control movement, avoid swaying. | ✅ **5 reps of 10 taps per side** | **Minimal hip movement during taps** |
| **Level 3** | **Linear Bear Crawl** | - Same bear plank setup.  - Step opposite hand and foot forward, then repeat.  - Keep movements slow and controlled. | ✅ **5 reps of 5 forward & backward steps** | **Move smoothly forward & back without breaking form** |
| **Level 4** | **Lateral Bear Crawl** | - Same bear plank setup.  - Step hands and feet sideways in sync.  - Keep spine stable, core tight. | ✅ **5 reps of 5 steps each direction** | **Control movement and maintain stability throughout** |

### **How to Use This Progression Plan**

1️⃣ **Master Each Level Before Moving On** – If your form breaks, stay at the current level.  
 2️⃣ **Don’t Rush Progressions** – The goal is **movement quality**, not just completion.  
 3️⃣ **Consistency is Key** – Training these daily (4-7 days/week) leads to faster progress.

This plan **bulletproofs** your core and sets a **strong foundation** for all other training. 💪 Let me know if you’d like any modifications! 🚀

##### **You said:**

Can you make this chart more of "if you cannot do this... do this"

###### **ChatGPT said:**

Here’s your **Plank & Bear Plank Progression Chart** in a **"If you can't do this... do this"** format for easy use.

### **Plank Progression Path (From Absolute Beginner to a 60-Second Plank)**

| **If You Can't Do This…** | **Do This Instead!** | **Progression Plan** |
| --- | --- | --- |
| **Can't hold a standard forearm plank for 10+ seconds** | **Start with an Incline Plank (hands on a wall, bench, or elevated surface).** | ✅ 5 reps of 10s holds → 3 reps of 20s → 2 reps of 30s → 30s hold |
| **Can't hold an incline plank for 30 seconds** | **Use a higher incline (wall or countertop).** | ✅ Work up to 30s before lowering the incline |
| **Can hold an incline plank but not a standard plank** | **Try a Knee Plank (on forearms, knees on the ground).** | ✅ 5 reps of 10s holds → 3 reps of 20s → 2 reps of 30s → 30s hold |
| **Can hold a knee plank but struggle with a full plank** | **Try a full plank with wider feet for more stability.** | ✅ Build up with the same rep progression |
| **Can hold a full plank for 30s but not 60s** | **Increase endurance with 2 x 30s holds before progressing to a full 60s.** | ✅ Once you hit a **solid 60s hold**, move to Bear Plank progressions! |

### **Bear Plank Progression Path (Building Stability & Control)**

| **If You Can't Do This…** | **Do This Instead!** | **Progression Plan** |
| --- | --- | --- |
| **Can't hold a Bear Plank for 10+ seconds** | **Lower your knees slightly closer to the ground.** | ✅ 5 reps of 10s holds → 3 reps of 20s → 2 reps of 30s → 60s hold |
| **Can't hold a Bear Plank for 30s+** | **Reduce time and do more sets.** | ✅ Start with 3 x 20s before aiming for a full 60s hold |
| **Struggle to stay stable in Bear Plank Shoulder Taps** | **Widen feet slightly and slow down taps.** | ✅ Start with 5 reps per side, progress to 10 |
| **Can't maintain control in Bear Crawl (forward/backward)** | **Do Shoulder Taps until core strength improves.** | ✅ 5 reps of 10 taps per side before attempting crawling |
| **Can't do Lateral Bear Crawl smoothly** | **Stick with forward/backward crawling first.** | ✅ 5 reps of 5 steps each way before adding lateral movement |

### **How to Use This Chart**

* **Follow the "If you can't… do this" approach** to find your **starting point**.
* **Move forward** only when the previous step feels **solid and controlled**.
* **Train these movements frequently (4-7 days/week)** for the best results.

By working through this **structured path**, you'll build **stronger core stability, hip control, and resilience**—all essential for **pain-free movement** and **stronger lifts**! 🚀 💪

Let me know if you want any tweaks!

##### **You said:**

Now how would you program this for 4 weeks?

###### **ChatGPT said:**

Here’s a **4-week progression plan** for someone starting from scratch and working up to a **60-second plank & bear plank variations**. This plan is designed to be done **4-7 days per week**, depending on the individual's recovery and schedule.

### **4-Week Plank & Bear Plank Progression Plan**

* **Goal:** Build strength, endurance, and control in plank & bear plank variations.
* **Structure:** Perform the routine **4-7 days per week** based on ability/recovery.
* **Format:** Each session follows a similar structure:  
  1. **Warm-Up (5 min)** → Light mobility work
  2. **Plank Progression (5-10 min)**
  3. **Bear Plank Progression (5-10 min)**
  4. **Cooldown (5 min)** → Gentle stretching

### **Week 1: Foundation & Activation**

* **Plank Progression:**
  + 5 reps x 10s **Incline Plank or Knee Plank**
  + If solid → Try 3 reps x 20s
* **Bear Plank Progression:**
  + 5 reps x 10s **Knees Hovering Bear Plank**
  + If solid → Try 3 reps x 20s
* **Total Time:** ~20 minutes
* **Goal by End of Week:** Hold **Knee Plank & Bear Plank for 20s+**

### **Week 2: Building Endurance & Stability**

* **Plank Progression:**
  + 3 reps x 20s **Knee Plank or Full Plank**
  + If solid → Try 2 reps x 30s
* **Bear Plank Progression:**
  + 3 reps x 20s **Bear Plank Hold**
  + If solid → Try 2 reps x 30s
* **Total Time:** ~20-25 minutes
* **Goal by End of Week:** Hold **Full Plank & Bear Plank for 30s**

### **Week 3: Strength & Control Work**

* **Plank Progression:**
  + 2 reps x 30s **Full Plank**
  + If solid → Try holding for a full 45s
* **Bear Plank Progression:**
  + 2 reps x 30s **Bear Plank Hold**
  + If solid → Add **Bear Plank Shoulder Taps** (5 per side)
* **Total Time:** ~25 minutes
* **Goal by End of Week:** Hold **Plank & Bear Plank for 45s, Begin Shoulder Taps**

### **Week 4: Mastery & Movement Progression**

* **Plank Progression:**
  + 1-2 sets x 60s **Full Plank**
* **Bear Plank Progression:**
  + 1-2 sets x 60s **Bear Plank Hold**
  + 3 reps x 10 **Shoulder Taps per side**
  + If solid → Try **Forward/Backward Bear Crawl** (3 reps of 5 steps)
* **Total Time:** ~25-30 minutes
* **Goal by End of Week:**
  + **Hold a 60s Plank with good form**
  + **Perform Shoulder Taps & Start Bear Crawling**

### **How to Progress Beyond Week 4**

Once you’ve mastered these movements, you can:  
 ✅ **Increase intensity** (longer holds, more reps)  
 ✅ **Add load** (weighted planks, resistance banded bear planks)  
 ✅ **Work on more dynamic core movements** (crawling, plank reaches, rotations)

This **structured approach** builds foundational strength **safely** while preventing injuries and setting the stage for **more advanced training**.

Let me know if you need any tweaks! 🚀💪

##### **You said:**

Give me a write up, that is inspiring and educational about how to make progress on this program, give me a method to help find my starting point. Let's include a test to help people find their baseline, and we will keep it fairly simple, with a 60 seconds plank. To help them identiy at what level of the progression model they should start, if they can easily hold a plank without break a sweat then it's time for them to move directly to the bear plank variations, however if they can't help it for a certain time or if they are really struggling toward the end of that 60 seconds, help them find a starting point.. Let's keep this just focused on the plank.

###### **ChatGPT said:**

### **Finding Your Starting Point & Making Progress in "The Daily Vitamins" Program**

Progress isn’t about where you start—it’s about **consistency, effort, and patience**. This program is designed to meet you where you are and build you up over time. Whether you’re brand new to exercise, returning after a long break, or just looking to reinforce your foundation, this guide will help you **find the right starting point** and **progress efficiently.**

## **Step 1: The Plank Test – Find Your Baseline**

Before you dive into the program, let's establish where you should start. **Your task:**

👉 **Get into a standard forearm plank position and hold it as long as you can (up to 60 seconds).**

Be honest with yourself. Focus on **good form**:  
 ✅ **Core braced** (imagine pulling your ribs toward your hips)  
 ✅ **Hips in line with your shoulders** (no sagging or lifting too high)  
 ✅ **Neck neutral** (look slightly ahead, not down at your feet)

Now, let's determine your **starting level** based on your performance.

## **Step 2: Identify Your Starting Point**

After taking the test, match your result to the **progression level that fits you best.**

### **🔥 If you held the plank for 60 seconds with ease:**

✅ You’re ready to **skip ahead** to the **Bear Plank & Crawling Progressions.** ➡️ Start directly with **Bear Plank holds**, shoulder taps, and crawling variations.

### **😅 If you held the plank for 45-59 seconds, but struggled toward the end:**

✅ You have a solid foundation, but need a little more time to build endurance.  
 ➡️ **Start with 2 sets of 30-second plank holds**, then progress as follows:

1. 2 reps of 30s
2. 1 rep of 45s
3. 1 rep of 60s (goal)

### **💪 If you held the plank for 20-45 seconds:**

✅ You need to **gradually build endurance** before jumping to full holds.  
 ➡️ **Start with:**

1. 3 reps of 20s plank holds
2. Build to 2 reps of 30s
3. Work up to a full 45s

### **😰 If you couldn’t hold the plank for at least 20 seconds:**

✅ No worries! We’re starting **from the ground up.** ➡️ **Start with a modified plank:**

1. **Incline Plank (hands on a sturdy surface like a bench)** – 5 reps of 10s
2. **Knee Plank** – 3 reps of 20s
3. **Standard Forearm Plank** – Work toward 2 reps of 30s

## **Step 3: The Path Forward – How to Progress**

**The key to getting stronger is consistency.** Here’s how to progress:

* ✅ **Every session, aim to add time** – even just **5-10 seconds more** than last time.
* ✅ **Train 4-7 days per week** – planks respond well to frequency.
* ✅ **Listen to your body** – if your form breaks, stop and reset rather than pushing through bad posture.
* ✅ **Don’t rush it** – solid, controlled progress beats sloppy, rushed reps.

## **The Big Picture: Why This Matters**

Mastering the plank isn’t just about checking a box—it’s about **building an unshakable foundation** that carries over into every other movement you do. A strong core protects your **spine, improves posture, enhances athletic performance, and reduces risk of injury.**

Remember: **Progress isn't about speed—it's about consistency.** Show up, follow the plan, and trust the process. **You got this.** 💪🔥

Let me know if you want to tweak anything! 🚀

##### **You said:**

For step 3 I want to re-work that. I want them to stick with their current level for 1 Weeks before moving on in the progression model: For example, week 1: they are working on 3 sets of 3 reps by 20 second holds. I want them to work the level of progression for at least the entire week each time they come back to the routine, not only will this help them build consistency and endurace but it will allow them to really get a sense of what is "easy" and what is not. After they have worked this step they can move on to the next progression path -- 2 sets of 30 second holds, and so on.

###### **ChatGPT said:**

### **Step 3: The Path Forward – Build Strength Through Consistency**

**Progress isn’t about rushing—it’s about mastering each step before moving forward.** To ensure you're building real endurance and control, **stick with your current level for at least one full week before progressing.**

Each week, you'll repeat the same set/rep structure every time you do the routine. **This consistency does two things:**

1. **Builds endurance and strength** – Your body adapts best when it has time to reinforce movement patterns.
2. **Teaches you what feels "easy"** – By the end of the week, what once felt challenging should start feeling more manageable, helping you recognize true progress.

### **How to Progress Weekly**

After a full week at one level, assess how it feels. **If you're completing all sets without major struggle, move up to the next level in the progression model.**

For example:  
 📅 **Week 1:** 3 sets of 3 reps × 20s holds  
 📅 **Week 2:** 2 sets of 2 reps × 30s holds  
 📅 **Week 3:** 1 set of 1 rep × 45s hold  
 📅 **Week 4:** 1 full 60s plank

🚀 **Once you complete 60 seconds easily, it’s time to move into the Bear Plank progressions!**

**Key Reminders:** ✅ Stick with your level for **at least one full week** before moving up.  
 ✅ If by the end of the week you’re still struggling, **repeat that level another week** until it feels smoother.  
 ✅ If your form starts breaking before the time is up, **stay at that level** until you can complete it cleanly.

### **Why This Works**

Training like this isn't just about endurance—it’s about **developing real control and awareness of your body.** By the time you move up, you’ll **know you’re ready.** No guesswork, no rushing, just **steady, unstoppable progress.**

**Stick with the process, trust your body, and celebrate the small wins.** Every second counts, and every rep gets you stronger. **You got this! 💪🔥**

This keeps the structure simple while reinforcing the importance of **patience and consistency.** Let me know if you want to fine-tune anything! 🚀

##### **You said:**

So let's lay this out easily for people to understand: This is the progression model you will be using for both the Plank and Side Plank Variations. Whatever level of Plank or Side Plank that you determine you will start like this: Week 1: 3 Sets, 5 Reps +10 Second holds on Each Rep. Week 2: 3 Sets, 3 Reps +20 second Holds on Each Rep. Week 3: 3 Sets, 2 Reps +30 Seconds Holds on Each Rep.

###### **ChatGPT said:**

### **\*\*Plank &**

##### **You said:**

So let's lay this out easily for people to understand: This is the progression model you will be using for both the Plank and Side Plank Variations. Whatever level of Plank or Side Plank that you determine you will start like this: Week 1: 3 Sets, 5 Reps +10 Second holds on Each Rep. Week 2: 3 Sets, 3 Reps +20 second Holds on Each Rep. Week 3: 3 Sets, 2 Reps +30 Seconds Holds on Each Rep. Week 4: 3 Sets, 1 Rep by 60 Second Holds Once you have reached 60 second holds with relative ease, you will then move into Dynamic Plank Variations

###### **ChatGPT said:**

### **How to Progress Through Your Plank & Side Plank Training**

This is the structured progression model you’ll follow for both your **Plank** and **Side Plank** variations. No matter where you start, this approach ensures steady progress, building endurance, stability, and control.

#### **Step 1: Find Your Starting Point**

Before diving in, test your plank hold for **60 seconds**.

* If you can hold it with ease and control → **Move directly to Bear Plank variations.**
* If you struggle toward the end but can complete it → **Start at Week 4 (3 sets of 1 x 60-sec hold).**
* If you cannot hold for 60 seconds → **Start at the level that matches your endurance.**

#### **The 4-Week Progression Model**

Each level is designed to gradually increase your strength and stability. You will work at **each level for one full week** before progressing. This allows your body to adapt, prevents rushing through weak points, and ensures long-term strength gains.

* **Week 1:** 3 Sets of 5 Reps, **10-second holds** each rep
* **Week 2:** 3 Sets of 3 Reps, **20-second holds** each rep
* **Week 3:** 3 Sets of 2 Reps, **30-second holds** each rep
* **Week 4:** 3 Sets of 1 Rep, **60-second holds**

#### **What’s Next?**

Once you can complete **3 x 60-sec holds** with control and relative ease, you are ready to progress into **Dynamic Plank Variations.** This includes movements like:

* **Bear Plank Holds** → progressing to **Bear Plank Shoulder Taps**
* **Linear Crawling** → progressing to **Lateral Crawling**
* **Side Plank Hip Lifts** → progressing to **Side Plank Reaches**

By following this plan, you're not just getting better at planks—you’re **building a rock-solid foundation** that will carry over into your other training and daily life. Stick with it, trust the process, and let’s get stronger!

##### **You said:**

No no, you will use the test to determine what level of plank you are at (kneeling, low/high, Sub 20 second hold). Then you will use the weekly progression model to build up time in the plank, once you have reached the final set/rep count you will then move to the next progression of plank/side plank

###### **ChatGPT said:**

### **Plank & Side Plank Progression Guide**

This guide will help you **find your starting point, build endurance, and progress through foundational core strength work.** Planks and side planks are essential for overall stability, mobility, and strength, and this structured approach will ensure steady progress.

## **Step 1: Find Your Starting Point**

Before starting, take the **Plank Baseline Test** to determine your current level.

### **Plank Baseline Test:**

1. **Get into a standard plank position (on elbows or hands).**
2. **Hold for up to 60 seconds** (maintaining good form).
3. Use the table below to determine your **starting level:**

| **If You Can Hold For...** | **Your Starting Plank Variation** |
| --- | --- |
| **Less than 20 sec** | **Kneeling Plank** |
| **20-40 sec** | **High or Low Plank (Short Hold)** |
| **40-60 sec (Struggling by the End)** | **Full Plank (Start Progression Model at Week 3-4)** |
| **60 sec with ease** | **Move to Bear Plank Variations** |

**Note:** Perform the test for both **front planks and side planks** to determine your starting level for each.

## **Step 2: Follow the Weekly Progression Model**

Once you have identified your **starting variation**, you will follow this **structured weekly progression** to build endurance before advancing to the next level.

| **Week** | **Sets & Reps** |
| --- | --- |
| **Week 1** | 3 Sets, 5 Reps of **10-second holds** |
| **Week 2** | 3 Sets, 3 Reps of **20-second holds** |
| **Week 3** | 3 Sets, 2 Reps of **30-second holds** |
| **Week 4** | 3 Sets, 1 Rep of **60-second holds** |

* Stick with **each level for at least one full week** before progressing.
* Once you can complete **Week 4’s 3x60 sec holds with control**, move to the next variation.

## **Step 3: Advancing to the Next Plank Variation**

Once you master a **60-second hold**, progress to a more challenging variation:

| **Current Level** → **Next Level** |  
 |---------------------|--------------------|  
 | Kneeling Plank → High or Low Plank |  
 | High/Low Plank → Side Plank |  
 | Side Plank → Bear Plank |  
 | Bear Plank → Bear Plank Shoulder Taps |  
 | Bear Plank Taps → Linear Crawling |  
 | Linear Crawling → Lateral Crawling |

**Side Planks follow the same progression structure.**

## **Final Thoughts: Trust the Process**

This method ensures steady, **sustainable strength gains** without skipping steps. Each phase **builds your endurance and control**, setting you up for more advanced training.

* **Stick with each step for at least one week.**
* **Don’t rush—master the level you’re on before moving forward.**
* **If a level feels too hard, stay there an extra week before progressing.**

This is **foundational work**—treat it as **“bulletproofing”** your body. Whether you’re a beginner or returning to training after a break, this plan will help **build strength, stability, and confidence in your movement.**

I'm going to teach you how to **properly apply progressive overload** in under 2 minutes.

By now, you should be familiar with the concept of **progressive overload**—the gradual increase of stress placed on the body during training to drive adaptation and strength gains.

### **Using Rep Ranges to Apply Progressive Overload**

We’ll use **rep ranges** as our primary example. Here’s what different rep ranges look like:

**Examples:**

* **4-6 reps** (strength-focused)
* **8-10 reps** (hypertrophy-focused)
* **11-15 reps** (muscular endurance)

And this is how they fit into a training program:

📌 *Example:* Dumbbell Bench Press – **3 sets of 4-6 reps at 135 lbs**

### **How Rep Ranges Work**

1️⃣ If you hit **6 reps** with **quality form and control**, you've reached the **upper limit**—increase the weight by **5 lbs** for your next set.  
 2️⃣ If you **fail to hit at least 4 reps**, you’re below the **lower limit**—decrease the weight by **5 lbs**.  
 3️⃣ If you hit **4 or 5 reps**, that’s your **working weight**—stay there until you can confidently reach the upper limit.

### **Applying This in a Workout**

Let’s go back to our **bench press example**:

✅ **Set 1:** 135 lbs × **6 reps** → Upper limit reached → **Increase weight by 5 lbs** ✅ **Set 2:** 140 lbs × **5 reps** → Still within range → **Maintain weight for next set** ✅ **Set 3:** 140 lbs × **4 reps** → **This is your top set for the day**

Now, here’s the key:

🚀 **The next time you do this workout,** your first working set should start with the weight of your **previous top set** (140 lbs). You don’t go back down to 135 lbs because you’ve already progressed past it.

As you become more advanced, you’ll incorporate more complex progression techniques. But if you’ve been lifting for **less than 10 years of serious training**, this model

### **Plank & Side Plank Progression Path: From Foundation to Advanced Variations**

Planks and side planks are foundational core exercises that build stability, endurance, and strength. However, once you can hold a plank for **longer than 60 seconds with ease**, you’re no longer building much additional strength—just improving endurance in that static position. If you’re using the plank as a strength exercise, **progressive overload is key**, meaning you should always be working toward a more challenging variation rather than simply holding a static position for longer periods.

This **progression model** focuses on a combination of **repetitions + isometric holds** to improve both endurance and strength before moving to more advanced variations.

### **Phase 1: Building a Strong Foundation**

If holding a plank for **10-15 seconds** is challenging, start here:

1. **Modified Plank / Side Plank (Knees Down)**
   * 5 reps of **10-second holds**
   * Progress to 3 reps of **20-second holds**
   * Then 2 reps of **30-second holds**
   * Work toward **1 rep of 45 seconds** and then 60 seconds
   * Once 60s is achievable, move to full plank/side plank
2. **Wall or Elevated Plank / Side Plank**
   * If knee-based versions feel too easy but a full plank is too hard, use an elevated surface (bench, box, countertop)
   * Follow the same progression (5x10s → 3x20s → 2x30s → 1x45-60s)
   * Gradually reduce the height of the elevation

### **Phase 2: Standard Plank & Side Plank (Full Bodyweight)**

Once you can hold a plank for **at least 30 seconds** comfortably, introduce:

1. **Plank Progression Path**
   * **Start**: 5 reps of 10s holds
   * Progress to: 3 reps of 20s holds
   * Then: 2 reps of 30s holds
   * Work toward: 1 rep of 45s and then 60s
2. **Side Plank Progression Path** *(Same as above but on the side plank variation)*
   * The **shoulder and obliques** work harder here, so expect side planks to feel more challenging

### **Phase 3: Dynamic Overload (After 60s Hold)**

Once 60 seconds is easy, move away from just holding longer and **progress with dynamic movement**:

#### **Plank Progressions:**

1. **Extended Hold + Movement:** 30s isometric hold + 5 reps of shoulder taps or plank reach
2. **Dynamic Reps:** 3 reps of 20s hold + 5 reps of slow mountain climbers
3. **Advanced Variations:** Stability ball plank, weighted plank, RKC plank (max tension for shorter durations)

#### **Side Plank Progressions:**

1. **Extended Hold + Hip Taps:** 30s hold + 5 reps of hip dips
2. **Dynamic Reps:** 3 reps of 20s hold + 5 reps of side plank leg raises
3. **Advanced Variations:** Copenhagen plank (knee-supported, then full leg-supported), side plank with weight

### **Key Takeaways:**

* **Why not hold longer than 60s?** Beyond this, you're mostly training endurance rather than strength, unless using techniques like RKC plank (high-tension plank).
* **Progression is essential.** Once 60s is easy, progress by **adding movement**, **reducing stability**, or **adding resistance** (e.g., weighted plank).
* **Balance endurance and strength.** Using a **reps + isometric hold** model ensures both stability and strength gains.

Would you like me to refine this further or add anything?

##### **You said:**

Can you explain each phase with a little more depth?

###### **ChatGPT said:**

Sure! Here’s a more **in-depth breakdown of each phase**, explaining **why** each step is necessary, how it builds strength, and how to **transition smoothly between levels**.

## **Plank & Side Plank Progression Path: From Foundation to Advanced Variations**

Planks and side planks are **anti-extension and anti-lateral flexion core exercises**, meaning they train your body to resist unwanted movement. This is crucial for overall strength, injury prevention, and functional movement. However, once you can **hold a plank for 60 seconds with ease**, the benefits **stop increasing significantly** unless you progress the difficulty. If you’re using planks as a **strength exercise**, progressive overload is necessary—just like with weight training.

This structured progression ensures that you develop the necessary **endurance, strength, and control** before advancing to more challenging variations.

## **Phase 1: Building a Strong Foundation *(For Beginners or Those Who Struggle to Hold a Plank for 10-15 Seconds)***

If you find that holding a full plank or side plank is too difficult, start with **regressed variations** that allow you to develop endurance without compensating with improper form. The goal here is to build stability before moving to more intense holds.

### **1. Modified (Knee) Plank & Side Plank**

* **Why?** Reduces the lever arm (less strain on core and shoulders) while still reinforcing proper spinal alignment.
* **Form Focus:** Engage glutes, tuck pelvis slightly, and prevent excessive arching in the lower back.
* **Progression Path:**
  + 5 reps of **10s holds** → 3 reps of **20s holds** → 2 reps of **30s holds**
  + Build to **1 rep of 45s, then 60s** before moving to a full plank

### **2. Wall or Elevated Plank / Side Plank *(For those who need an in-between step before full bodyweight)***

* **Why?** Uses gravity to your advantage by shifting less body weight onto the core.
* **Progression Path:** Lower the elevation (countertop → bench → lower surface) until you can hold a full plank comfortably.

💡 **When to Progress to Phase 2:** Once you can hold a **modified plank for 60s** with strong form, move to a **full plank/side plank**.

## **Phase 2: Standard Plank & Side Plank (Full Bodyweight)**

At this stage, you should be able to **hold a standard plank** for at least 30 seconds comfortably. This is where we **layer in progressive overload**, using a structured **reps + isometric hold** model to transition from endurance-based holds to strength-based holds.

### **1. Standard Plank Progression Path**

* 5 reps of **10s holds** → 3 reps of **20s holds** → 2 reps of **30s holds**
* Progress to **1 rep of 45s, then 60s**
* Once 60s is **easy**, move to Phase 3

### **2. Side Plank Progression Path *(More Challenging Due to Shoulder & Oblique Demands)***

* Same structure as standard plank
* Expect this to take longer, as side planks require **greater oblique & shoulder stability**

💡 **When to Progress to Phase 3:** If you can hold a **standard plank or side plank for 60s easily**, it's time to **increase difficulty rather than duration**.

## **Phase 3: Dynamic Overload (Strength Progression Beyond 60s Holds)**

Now that you’ve **built baseline endurance and stability**, it’s time to **progress beyond static holds**. Instead of just **extending the hold time**, we introduce **dynamic elements** that challenge **stability, strength, and endurance** simultaneously.

### **1. Standard Plank Progressions:**

🔹 **Extended Hold + Movement:**

* 30s **isometric hold** + 5 **shoulder taps** (removing one limb increases core demand)
* 30s **isometric hold** + 5 **slow mountain climbers**

🔹 **Dynamic Reps (More Core Activation):**

* 3 reps of **20s hold** + 5 reps of **plank reach outs** (extend one arm forward without shifting hips)
* 3 reps of **20s hold** + 5 reps of **stability ball rollouts**

🔹 **Advanced Variations:**

* **Weighted plank:** Place a plate on your back to increase resistance
* **RKC plank:** Actively squeeze glutes and core to generate max tension (shorter but more intense)

### **2. Side Plank Progressions:**

🔹 **Extended Hold + Hip Taps:**

* 30s **isometric hold** + 5 **hip dips** (lower hip slightly then lift back up)

🔹 **Dynamic Reps:**

* 3 reps of **20s hold** + 5 reps of **side plank leg raises** (lift top leg while maintaining position)
* 3 reps of **20s hold** + 5 reps of **side plank reach-throughs** (twist under then return to start)

🔹 **Advanced Variations:**

* **Copenhagen plank (knee-supported → full leg-supported):** Places higher demand on adductors and obliques
* **Weighted side plank:** Hold a dumbbell on your hip to increase load

💡 **How to Know When to Progress:** If you can do **3 sets of 5 reps** of a movement with control and no excessive compensations, **level up** to a harder variation.

## **Why Holding a Plank for Longer than 60 Seconds Isn’t Ideal**

Holding a plank for **longer than 60 seconds** doesn’t provide **additional strength benefits**. Instead, it becomes a test of endurance rather than progressive overload. If your goal is **core strength**, it’s better to:

1. **Increase intensity** (harder variations, movement-based challenges)
2. **Add resistance** (weights, unstable surfaces)
3. **Reduce stability** (lifting limbs, single-arm/leg variations)

💡 **Example:** A **30-second RKC plank** (high-tension hold) is more effective for strength than a **3-minute standard plank**.

## **Final Takeaways**

✅ **If You Can’t Hold a Plank Yet:** Start with modified (knee or elevated) versions  
 ✅ **If You Can Hold a Plank for 60 Seconds:** It’s time to progress  
 ✅ **Progression Matters:** Move to **dynamic** or **loaded** variations rather than just holding longer  
 ✅ **Quality Over Quantity:** A **shorter, higher-tension plank** beats an unnecessarily long one

This structured approach ensures **proper progression**, **consistent overload**, and **maximal core development** without wasting time on **excessive static holds**.

Let me know if you’d like me to refine or tweak anything! 🚀

##### **You said:**

Can you do a simialr breakdown for the Glute Bridge into Glute bridge Marching (with elbow assistance and without) into Single Leg Glute Bridges and then into harder variations

###### **ChatGPT said:**

Absolutely! Here’s a **progression breakdown for Glute Bridges**, detailing **why** each phase is important, how it builds strength, and when to move on to harder variations.

# **Glute Bridge Progression: From Basic to Advanced Variations**

Glute bridges are a **fundamental posterior chain exercise**, strengthening the **glutes, hamstrings, and core** while improving **hip stability**. Proper progression ensures that you build the necessary **stability, endurance, and strength** before advancing to unilateral and resistance-based movements.

💡 **Key Training Principle:** If you can perform **3 sets of 10-12 reps** or hold an isometric bridge variation for **60 seconds easily**, it’s time to **progress**.

## **Phase 1: Foundational Glute Bridge (Bilateral, Bodyweight)**

**Best for:** Beginners, those recovering from injury, or anyone who struggles with **glute activation**.

### **1. Standard Glute Bridge (Both Feet on the Floor)**

* **Why?** Teaches proper **glute activation** and pelvic positioning.
* **Form Focus:**
  + Feet **hip-width apart**, heels close to glutes.
  + Press through **heels**, squeeze glutes, avoid excessive lower back extension.
  + **Core engaged** to prevent arching.
* **Progression Path:**
  + 10 reps → 15 reps → 3 sets of **12 reps with 2-second hold at the top**
  + Then progress to **isometric holds**:  
    - 5 reps of **10s hold** → 3 reps of **20s hold** → 2 reps of **30s hold**
    - Build up to a **60s hold** before moving to Phase 2.

💡 **When to Progress:** If you can hold a **glute bridge for 60s** or do **3 sets of 12 reps with ease**, move to marching bridges.

## **Phase 2: Glute Bridge Marching (Anti-Rotation and Unilateral Stability)**

This phase introduces **single-leg stability**, which is essential before transitioning into full single-leg glute bridges.

### **1. Glute Bridge March (Elbow-Assisted for Stability)**

* **Why?** Develops **anti-rotation strength** and challenges **hip stability** without fully shifting to one leg.
* **Form Focus:**
  + Set up like a normal **glute bridge**.
  + Press through **heels**, lift hips, and maintain a **stable pelvis**.
  + Slowly **lift one knee** toward your chest while keeping hips level.
  + Lower and switch sides without **letting the hips drop or rotate**.
  + Keep **elbows on the floor** to assist with balance.
* **Progression Path:**
  + 5 reps per side → 10 reps per side
  + 3 sets of **12 reps per side** before removing elbow assistance

💡 **When to Progress:** If you can perform **3 sets of 12 reps per side** without significant hip movement, move to the next step.

### **2. Glute Bridge March Without Elbow Assistance**

* **Why?** Further reduces **upper body support**, increasing core demand.
* **Same progression as above, but without elbow support.**
* Focus on **minimizing hip drop and rotation**.

💡 **When to Progress:** Once you can **march with full control** for **3 sets of 12 reps per side**, you’re ready for single-leg glute bridges.

## **Phase 3: Single-Leg Glute Bridge (Unilateral Strength & Stability)**

Now, we shift to **full single-leg loading**, forcing each glute to work independently.

### **1. Standard Single-Leg Glute Bridge**

* **Why?** Builds **true unilateral strength**, reduces imbalances.
* **Form Focus:**
  + Set up like a normal **glute bridge**, but extend one leg straight.
  + Press through the **heel of the planted foot**, keeping **hips level**.
  + Squeeze **glutes** at the top, hold briefly, and **lower under control**.
* **Progression Path:**
  + 5 reps per side → 10 reps per side
  + 3 sets of **12 reps per side** with controlled movement

💡 **When to Progress:** If you can perform **3 sets of 12 reps per side**, move to **isometric holds + dynamic variations**.

### **2. Single-Leg Glute Bridge + Isometric Hold**

* **Why?** Teaches **end-range control and endurance**.
* **Progression Path:**
  + Hold for **10s at the top per side** → **20s** → **30s**
  + Then progress to **dynamic movements**.

## **Phase 4: Advanced Variations (Strength, Load, and Complexity)**

### **1. Single-Leg Glute Bridge + Marching (Elevated Stability Challenge)**

* **Why?** Increases **pelvic control and core engagement**.
* **How?** Start in a **single-leg bridge position**, then slowly **march** the extended leg up and down.
* **Progression Path:**
  + 5 reps per side → 10 reps per side
  + 3 sets of **12 reps per side**

💡 **When to Progress:** If you can perform **3 sets of 12 reps** without losing control, move to weighted bridges.

### **2. Weighted Hip Thrust (Strength Progression with Load)**

* **Why?** Develops **maximal glute strength** under load.
* **How?** Use a **barbell or dumbbell** across hips.
* **Progression Path:**
  + Start with **light weight (25-45 lbs)** and build up
  + Focus on **slow, controlled reps**
  + Work up to **3-4 sets of 8-12 reps**

💡 **When to Progress:** If you can **hip thrust 1.5x your body weight for 10 reps**, move to even harder variations.

### **3. Banded / Deficit / Explosive Variations *(For Athletes & Max Strength Development)***

* **Deficit Glute Bridge:** Feet elevated, increases range of motion
* **Explosive Hip Thrusts:** Power-based, focusing on speed
* **Banded Hip Thrusts:** Adds **constant tension**, great for **glute hypertrophy**
* **Feet-Elevated Single-Leg Glute Bridge:** Increases intensity by extending range

## **Final Takeaways**

✅ **If You Can’t Do a Glute Bridge Yet:** Start with **basic bilateral** variations  
 ✅ **If You Can Do a 60s Glute Bridge:** It’s time to **progress** ✅ **Progression Matters:** Move from **bilateral → marching → single-leg → weighted** ✅ **Form Over Everything:** Proper **glute engagement** is key—**don’t compensate with lower back** ✅ **Glute Growth Requires Load:** For real strength, **add weight and dynamic movement**

This structured approach ensures **proper progression, consistent overload, and maximal glute development** while reducing the risk of compensation or injury.

Let me know if you'd like me to tweak anything further! 🚀

##### **You said:**

Now help me take all the information from the plank and glute bridge sections and show me how I can lay that out in a program

###### **ChatGPT said:**

### **Plank & Glute Bridge Progression Program**

This **4-phase program** is designed to help you **progress from beginner to advanced variations** for both **core stability (planks)** and **glute strength (bridges)**. It follows a structured **progression model**, ensuring continuous improvement through **strength, endurance, and dynamic movement**.

## **💡 How to Use This Program:**

* Perform **3 sessions per week**, ideally on non-consecutive days.
* Each session includes **plank and glute bridge progressions** based on your current level.
* When you can **comfortably complete the highest rep/hold target**, **move to the next phase**.
* For **planks**, progress from **isometric holds** → **dynamic movements** → **loaded variations**.
* For **glute bridges**, progress from **bilateral holds** → **single-leg work** → **weighted progressions**.

# **🟢 PHASE 1: FOUNDATIONAL STABILITY**

*Goal: Develop basic core and glute activation*

### **Plank Progression**

**Workout:** ✅ **Front Plank** – 5 reps of **10s hold** (build to 2 reps of 30s hold)  
 ✅ **Side Plank (Knees Down)** – 5 reps of **10s hold per side** ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** 2 reps of **30s holds per variation** before moving on.

### **Glute Bridge Progression**

**Workout:** ✅ **Standard Glute Bridge** – 10 reps (build to 3x12 reps)  
 ✅ **Glute Bridge Isometric Hold** – 5 reps of **10s hold** (build to 2 reps of 30s hold)  
 ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** Hold **glute bridge for 60s** and complete **3x12 reps** before moving on.

# **🟡 PHASE 2: STABILITY + INTRO TO UNILATERAL MOVEMENT**

*Goal: Improve endurance & introduce single-limb control*

### **Plank Progression**

✅ **Front Plank Hold** – 3 reps of **20s hold** (build to 1 rep of 45s hold)  
 ✅ **Side Plank (Full, Feet Stacked or Staggered)** – 3 reps of **20s hold per side** ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** Hold **each plank for 45s** and maintain control.

### **Glute Bridge Progression**

✅ **Glute Bridge Marching (Elbow-Assisted)** – 5 reps per side (build to 3x12 reps)  
 ✅ **Glute Bridge Hold** – 3 reps of **20s hold** (build to 1 rep of 45s hold)  
 ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** 3 sets of **12 reps per side**, move to **single-leg bridges**.

# **🟠 PHASE 3: DYNAMIC STRENGTH & CONTROL**

*Goal: Develop core & glute strength through movement*

### **Plank Progression**

✅ **Front Plank Hold** – 1 rep of **45s hold**, then 5 reps of **shoulder taps per side** ✅ **Side Plank (Full) + Hip Taps** – 5 reps per side  
 ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** **30s plank hold + 5 reps dynamic movement** before moving on.

### **Glute Bridge Progression**

✅ **Single-Leg Glute Bridge** – 5 reps per side (build to 3x12 reps)  
 ✅ **Single-Leg Glute Bridge Isometric Hold** – 1 rep of **30s per side** ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** Control **single-leg movements** before adding load.

# **🔴 PHASE 4: ADVANCED STRENGTH & LOADING**

*Goal: Build max strength & endurance with weighted variations*

### **Plank Progression**

✅ **Front Plank Hold (Weighted)** – 1 rep of **45s hold** ✅ **Side Plank + Hip Taps** – 10 reps per side  
 ✅ **Front Plank Shoulder Taps** – 10 reps per side  
 ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** Can hold **plank with weight for 45s** and perform **10 reps per movement**.

### **Glute Bridge Progression**

✅ **Weighted Glute Bridge** – 3x12 reps  
 ✅ **Single-Leg Weighted Glute Bridge** – 3x8 reps per side  
 ✅ **Hip Thrust with Barbell** – 3x8 reps (increase weight over time)  
 ✅ **Rest 30s, repeat for 3 sets**

👉 **Progression Goal:** Build strength with added resistance!

### **Program Adjustments:**

* If **progression stalls**, add more **sets before intensity** (e.g., move from **3 sets → 4 sets**).
* If **form breaks down**, drop back a phase and refine technique.
* You can also **modify rest periods** to control intensity (longer for strength, shorter for endurance).

Let me know if you want this structured differently! 🚀

##### **You said:**

Let's start over here. I want you to give me a breakdown just the front loaded plank progression, I want to take someone who cannot do a plank at all, progress them to 60s straight arm plank, and then progress them to the bear plank, bear plank with shoulder tap, and finally into crawling. For now, let's just keep this as an explaination and not a full program yet. How would you clearly convey the progression model to someone

###### **ChatGPT said:**

### **Front-Loaded Plank Progression: From Beginner to Crawling**

The front-loaded plank is a foundational movement for **core stability, full-body tension, and postural control**. However, not everyone can immediately hold a standard plank with good form. This progression takes someone from **unable to plank** to **dynamic crawling patterns**, ensuring they build strength, endurance, and control along the way.

## **Phase 1: Elevated Plank (Hands on a Higher Surface)**

**Why?** If you cannot hold a plank on the floor, it’s likely due to **core weakness, wrist discomfort, or lack of body awareness**. Elevating the hands reduces the load on the core and makes it easier to maintain alignment.

**How to Perform:**

1. Place hands on a stable elevated surface (e.g., a bench, countertop, or wall for complete beginners).
2. Engage your core by tucking your pelvis slightly and bracing as if someone is about to poke your stomach.
3. Hold for **10-30 seconds**, gradually working toward **45-60 seconds**.
4. Lower the surface height over time (e.g., from a countertop → a bench → a low step).

👉 **Progress when:** You can hold a **low step or knee plank** for **at least 30-45 seconds** without losing core tension.

## **Phase 2: Knee Plank (On the Floor)**

**Why?** This removes the elevation but still reduces total body load by keeping the knees down, allowing you to **focus on core engagement**.

**How to Perform:**

1. Set up with your knees on the floor, elbows or hands directly under your shoulders.
2. Maintain a straight line from your head to your knees.
3. Engage your core and squeeze your glutes—avoid sagging or arching your back.
4. Hold for **10-30 seconds**, gradually working toward **45-60 seconds**.

👉 **Progress when:** You can hold a **knee plank for 45-60 seconds** with **controlled breathing and core engagement**.

## **Phase 3: Full Straight-Arm Plank (On Toes)**

**Why?** Now that you’ve built core strength and endurance, this step shifts to a **full-body isometric hold** that demands more stability from the **shoulders, core, and legs**.

**How to Perform:**

1. Assume a push-up position with your hands directly under your shoulders and feet hip-width apart.
2. Engage your core, squeeze your glutes, and maintain a neutral spine.
3. Hold for **10-30 seconds**, working toward a **60-second hold**.

👉 **Progress when:** You can hold a **straight-arm plank for 60 seconds** with **good form and steady breathing**.

## **Phase 4: Bear Plank (Knees Hovering Above Ground)**

**Why?** The bear plank **increases the core challenge** by shifting the center of gravity and demanding **more shoulder stability and lower-body control**.

**How to Perform:**

1. Start on all fours with hands under shoulders and knees under hips.
2. Lift knees **just 1-2 inches off the ground**, keeping your back flat.
3. Hold for **10-30 seconds**, working toward **45-60 seconds**.
4. Maintain steady breathing and avoid shifting weight excessively.

👉 **Progress when:** You can **maintain the bear plank for 60 seconds** while keeping your core and shoulders stable.

## **Phase 5: Bear Plank with Shoulder Tap**

**Why?** Adding movement forces you to **resist rotation** and improves **anti-rotational core strength**, which is key for athletic movements and real-world functionality.

**How to Perform:**

1. Get into a **bear plank position** with knees hovering above the ground.
2. Without shifting your hips, lift one hand to touch the opposite shoulder.
3. Lower the hand and switch sides.
4. Perform **5-10 reps per side** with **slow, controlled movement**.

👉 **Progress when:** You can **perform 10 slow, controlled reps per side** while maintaining a steady core.

## **Phase 6: Bear Crawl (The Final Progression)**

**Why?** Crawling **integrates core, shoulder, and lower-body stability** in a **functional, full-body movement**, bridging the gap between core strength and real-world movement patterns.

**How to Perform:**

1. Start in a **bear plank** with knees hovering above the floor.
2. Step forward with your right hand and left foot at the same time.
3. Repeat with your left hand and right foot.
4. Keep movements **slow and controlled**—no bouncing or shifting excessively.
5. Start with **small forward/backward steps** before progressing to **longer crawls**.

👉 **Progress when:** You can **crawl forward and backward for 20-30 seconds** with **good control**.

## **Key Takeaways:**

* **Planks should be progressed, not just held indefinitely.** Once you can hold a variation for 60 seconds, it’s time to move on.
* **Progression builds core endurance, strength, and movement control.** Simply holding a plank longer doesn’t translate to real-world benefits.
* **Crawling is the end goal.** It integrates everything you've built through the progressions, teaching **core stability in motion**, which is far more applicable to daily life and athletic performance.

Let me know if you’d like any refinements! 🚀

##### **You said:**

Okay, now in the earlier phases, I want you to incorporate the progression model we created before using the mix of static holds and reps

###### **ChatGPT said:**

### **Front-Loaded Plank Progression with Reps + Isometric Holds**

This progression takes someone from **unable to hold a plank** to **crawling**, while incorporating **a mix of static holds and controlled repetitions** to improve core endurance, strength, and stability. Instead of just increasing hold times, we strategically introduce **dynamic components** to build strength in a more functional way.

## **Phase 1: Elevated Plank (Hands on a Higher Surface)**

**Why?**

* Reduces difficulty by shifting weight off the core.
* Helps build body awareness and postural control.
* Gradually strengthens the core before moving to the floor.

**How to Progress:**

1. **Week 1-2:** Hold for **10 seconds** → Rest → Repeat 5x.
2. **Week 3-4:** **3 reps of 20-second holds.**
3. **Week 5+:** **2 reps of 30-second holds.**

👉 **Progress to a lower surface** when you can hold for **2 reps of 30 seconds** with ease.

## **Phase 2: Knee Plank (On the Floor)**

**Why?**

* Introduces full-body stability while keeping some weight off the core.
* Strengthens shoulders, glutes, and deep core muscles.

**How to Progress:**

1. **Week 1-2:** 5 reps of **10-second holds**.
2. **Week 3-4:** 3 reps of **20-second holds**.
3. **Week 5+:** 2 reps of **30-second holds**.

👉 **Progress to full plank** when you can **hold 2x30s with controlled breathing** and no hip sagging.

## **Phase 3: Full Straight-Arm Plank (On Toes)**

**Why?**

* Engages the entire body and reinforces **anti-extension core strength**.
* Teaches full-body tension needed for more advanced movements.

**How to Progress:**

1. **Week 1-2:** 5 reps of **10-second holds**.
2. **Week 3-4:** 3 reps of **20-second holds**.
3. **Week 5:** 2 reps of **30-second holds**.
4. **Week 6+:** 1 rep of **45 seconds**, working toward **60s**.

👉 **Progress to Bear Plank** when you can hold **a strong 60s plank** without excessive fatigue.

## **Phase 4: Bear Plank (Knees Hovering Above Ground)**

**Why?**

* **Increases demand on core and shoulders** by shifting weight closer to the ground.
* Challenges stability while maintaining a neutral spine.

**How to Progress:**

1. **Week 1-2:** 5 reps of **10-second holds**.
2. **Week 3-4:** 3 reps of **20-second holds**.
3. **Week 5+:** 2 reps of **30-second holds**.

👉 **Progress to Bear Plank with Shoulder Taps** when you can hold for **2x30s with good control**.

## **Phase 5: Bear Plank with Shoulder Taps**

**Why?**

* Introduces **anti-rotation work**, training core stability in **dynamic movement**.
* Challenges coordination and control in a more athletic way.

**How to Progress:**

1. **Week 1-2:** Hold **Bear Plank** for 30 seconds, then do **5 controlled shoulder taps per side**.
2. **Week 3-4:** Hold **Bear Plank** for 20 seconds, then do **10 shoulder taps per side**.
3. **Week 5+:** Remove the static hold and go straight into **15-20 reps per side**.

👉 **Progress to Crawling** when you can **perform 15+ reps per side with minimal hip sway**.

## **Phase 6: Bear Crawl (The Final Progression)**

**Why?**

* Translates **core stability into movement**, mimicking real-life demands.
* Develops **coordination, endurance, and full-body strength**.

**How to Progress:**

1. **Week 1-2:** **Short-distance crawls** (3-5 slow steps forward & backward).
2. **Week 3-4:** **Longer crawls** (10-15 seconds of continuous crawling).
3. **Week 5+:** **Integrate tempo work** (slower movement for increased control).

### **Key Takeaways**

* **Progressive overload isn’t just holding longer**—we incorporate **dynamic elements** to build real-world strength.
* **Each phase builds on the last**, ensuring a **safe and effective path** to bear crawling.
* **Reps + isometric holds** balance **endurance and strength**, making progress faster and more structured.

This method ensures **proper progressions** while keeping each stage **challenging yet achievable**. Let me know if you want any refinements! 🚀

This station focuses on building explosive power and enhancing core strength to optimize performance and stability.

These targeted exercises train your body to generate force efficiently while maintaining control, creating a foundation for dynamic and effective movement. By focusing on power development and core engagement, you’ll improve your ability to perform powerful, coordinated movements while protecting key areas like the spine. Core strength is essential for transferring energy, maintaining balance, and supporting athletic performance during workouts and daily activities.

Prioritizing power and core training here ensures your body is primed to move with strength, speed, and precision.

##### **You said:**

Give me a 1-2 sentence statement on helpful cues regarding the Hollow Body hold

###### **ChatGPT said:**

During a hollow body hold, think about pressing your lower back firmly into the floor while engaging your core to keep your ribs pulled down and hips slightly tucked. Keep your arms and legs extended and close to the ground without letting your lower back arch, maintaining a solid, banana-like shape throughout the hold.

##### **You said:**

Help me explain the concept of "double Progression" in a fairly straight forward and concise way. Please provide 2-3 examples of how one might track using double progression for a dumbbell bench press using weights and RPE

###### **ChatGPT said:**

**Double progression** is a method of progressively overloading your workouts by improving two variables: weight lifted and repetitions performed, while maintaining proper intensity (e.g., RPE). The idea is to gradually increase either the reps or the weight, but not both at once, until you’ve reached a set target.

### **Examples for a Dumbbell Bench Press:**

1. **Progressing Reps First:**
   * Start with 40 lb dumbbells, aiming for 3 sets of 8–12 reps at an RPE of 7–8.
   * Week 1: 40 lbs x 3 sets of 8 reps (RPE 7).
   * Week 2: 40 lbs x 3 sets of 10 reps (RPE 7.5).
   * Week 3: 40 lbs x 3 sets of 12 reps (RPE 8).
   * Week 4: Increase to 45 lbs and reset to 8 reps.
2. **Progressing Weight First:**
   * Start with 3 sets of 10 reps at RPE 7, and gradually increase the load.
   * Week 1: 35 lbs x 3 sets of 10 reps (RPE 7).
   * Week 2: 40 lbs x 3 sets of 10 reps (RPE 7.5).
   * Week 3: 45 lbs x 3 sets of 10 reps (RPE 8).
   * Week 4: Stay at 45 lbs and aim for 11–12 reps per set.

This method allows for sustainable progress without rushing increases in load or compromising form.

##### **You said:**

give an example of using Rep Ranges (8-10 rep range)

###### **ChatGPT said:**

Using a **rep range** like 8–10 allows you to progress within a target range before increasing the weight. Here's an example using a dumbbell bench press:

1. **Week 1:** 40 lbs x 3 sets of 8 reps (RPE 7).
2. **Week 2:** 40 lbs x 3 sets of 9 reps (RPE 7.5).
3. **Week 3:** 40 lbs x 3 sets of 10 reps (RPE 8).
4. **Week 4:** Increase the weight to 45 lbs and reset to 3 sets of 8 reps.

By staying in the 8–10 rep range, you ensure progression while maintaining control and quality form. Once you hit the top of the range (10 reps), you increase the weight and start at the lower end (8 reps) again.

##### **You said:**

Take this information, simplify it, and clairify: This is where we will discuss the method of "Double Progression" and "Rep Ranges". Double Progression is the gold-standard method of progression that tracks two variables: Intensity (how hard you are working) and Volume (Total Amount of work done). A Rep stands for Repetition, and represents the number of times you will preform a movement for a specific exercise. A Rep Range is a target of Reps you want to be aiming to stay within. Now all the rep-ranges will be programmed in for you, and most of the time we will be working in-between the range of 6-8 reps, 8-10 or 10-12 reps. There are other rep ranges and rep schemes out there, but for the purposes of this program we will be staying within these ranges for the majority of the time. As you can see, all rep ranges can be useful and utilized for gains in both muscle growth and muscle performance, they just need to be met with the right level of intensity. If you pick a weight that you can only do 4 reps of (0 RIR, 10 RPE), you will be outside the Lower limit of rep range. That means the weight is too heavy and you need to back off 5-10lbs. On the other hand, if you are working with a weight that you can do 3-5+ reps past the Upper Limit (5 RIR, 4/5 RPE) then the weight is too light and you should aim to raise the weight 5-10lbs for the next set. Once you reach the Upper Limit of the rep range with a given weight for even one set, you can think of that as "leveling up", and it's time to tackle the next challenge. When you make a jump in weight during a workout, you can typically expect to get close to the Lower-limit of your rep range during your next attempt. Let's take a look some examples for more clarity. To understand when it's time to make a jump in weight let's talk about the Upper and Lower Limits of these rep ranges. For our example, let's use the Rep Range 6-8 reps (6 being the lower limit, and 8 being the Upper limit). You might be thinking "6-8 reps seems pretty low Spenser." You'd be right, however that's where the beauty of RPE and RIR (which we will discuss in a moment) comes into play. Generally speaking, the number of reps in a range isn't as important to muscle growth as the level of intensity at which those reps are performed. We want to be working with weights that provide a challenge while staying within these rep ranges, and not outside of them.

###### **ChatGPT said:**

Here’s a simplified and clarified version:

**Double Progression and Rep Ranges**

Double progression is a simple and effective method for tracking progress. It focuses on two key factors: **intensity** (how hard you’re working) and **volume** (the total amount of work done). To progress, you’ll gradually increase the weight or the number of reps, but not both at the same time.

A **rep** (short for repetition) is how many times you perform a movement during an exercise. A **rep range** sets a target, like 6–8, 8–10, or 10–12 reps. For this program, your rep ranges will be pre-programmed and focus on these ranges to optimize both muscle growth and performance.

The key to progress is working within your rep range at the right intensity. If a weight is so heavy you can only complete 4 reps (0 RIR, 10 RPE), it’s too much—reduce the weight by 5–10 lbs. On the flip side, if you can easily do 3–5 reps beyond the upper limit (e.g., 12+ reps in a 6–8 range, 5 RIR, 4/5 RPE), the weight is too light—add 5–10 lbs for your next set.

Once you reach the upper limit of the range (e.g., 8 reps in a 6–8 range) for at least one set, you’ve "leveled up" and can increase the weight. When you do, you’ll likely drop back to the lower end of the range (e.g., 6 reps) with the heavier weight.

**Example:**

* **Rep Range: 6–8 reps**
  + Week 1: 40 lbs x 3 sets of 6 reps (RPE 7).
  + Week 2: 40 lbs x 3 sets of 7 reps (RPE 7.5).
  + Week 3: 40 lbs x 3 sets of 8 reps (RPE 8).
  + Week 4: Increase to 45 lbs and aim for 6 reps per set.

Remember, the exact number of reps matters less than working at the right intensity within your range. Proper intensity is what drives both muscle growth and performance gains.

##### **You said:**

Let's explain how Rep ranges work: If you are working within the 8-10 rep range. If you cannot complete at least 8 reps with solid controlled form then the weight it too light, and you will need to regress the weight 5-10lbs, until you can comfortably at least 8 reps, and build up from there. on the flip side, if you are working with a weight thatn you can easily do more than 10 reps, the weight is far too light and you will need to increase the weight or tweak other varibles such as tempo to make the movement harder.

###### **ChatGPT said:**

Here’s a clearer explanation:

**How Rep Ranges Work**

Let’s use the **8–10 rep range** as an example:

* If you **can’t complete at least 8 reps** with solid, controlled form, the weight is too heavy. Drop the weight by 5–10 lbs until you can perform at least 8 reps with good technique. From there, work on building up toward the top of the range.
* If you can **easily do more than 10 reps**, the weight is too light. Increase the weight by 5–10 lbs, or adjust other factors like tempo (e.g., slower reps) to make the movement more challenging.

The goal is to work within the rep range, maintaining control and intensity, to progressively build strength and muscle.

##### **You said:**

Good, now while using this example, recreate it for a section named "Finisher station" this station will often include exercises with higher rep ranges, and shorter rest intervals to finish out your work-out. Make a note that these finishers are entirely optional and should not be prioritized over your previous stations. These finishers can also be used on your off-days as a stand alone workout in combination to mobility/ground work: Station C is structured as either a “Complex” or a "Super Set", combining multiple exercises performed back-to-back with little to no rest. After completing all exercises, take a rest break. This station focuses on compound movements. In addition to lower-body work, you’ll see upper-body compound exercises like rows, push-up variations, and Crawls/Carries. This combination ensures that you’re building full-body strength and addressing any potential “weak links”. Training in this way not only develops strength and stability but also enhances functional movement, helping you move better and more confidently in everyday life.

###### **ChatGPT said:**

**Finisher Station**

This station is designed to cap off your workout with **higher rep ranges** and **shorter rest intervals**, adding an optional challenge to your training. These finishers are entirely optional and should not take priority over the earlier stations in your workout. If you’re feeling energized, they can be a great way to push yourself, but remember—they can also be done as stand-alone workouts on off-days, paired with mobility or groundwork for active recovery.

Station C is typically structured as a **“Complex”** or a **“Super Set”**, where you perform multiple exercises back-to-back with minimal rest. After completing all exercises, take a short break before repeating.

Here, you’ll often see a mix of upper-body compound movements like rows, push-up variations, or crawls/carries, paired with functional lower-body or core exercises. These sessions target **full-body strength, endurance, and stability** while addressing weak links to improve functional movement. By the end, you’ll leave feeling accomplished and ready to move confidently in both workouts and daily life.

Slow eccentric training (lowering the weight slowly) gives you more time under tension during the movement, which allows you to focus on the mechanics of each phase. By moving slower, you can better control the weight, feel the proper muscle activation, and identify areas where your form may break down. This controlled pace helps reinforce proper movement patterns because you're practicing with precision, not rushing through the lift. Over time, this deliberate approach translates into cleaner, more efficient lifting technique.

##### **You said:**

Can you be a bit more specific, try to emulate people like "Squatuniversity" on youtube

###### **ChatGPT said:**

Sure! Here’s a more detailed, Squat University-style explanation:

"Slow eccentric training—like lowering into a squat over 3-5 seconds—forces you to maintain tension and control throughout the entire range of motion. This extended time under tension exposes weak points in your technique, like if your knees cave in, your back rounds, or you lose balance. By slowing things down, you give your body time to adjust and fix these flaws in real time.

This kind of training also builds proprioception—your body's awareness of its position in space—so you can feel exactly how your hips, knees, and shoulders are moving. Over time, this improves your motor control and helps you build better movement patterns, making your lifts cleaner, safer, and more efficient. It’s like rewiring your brain to perform the lift with precision, which carries over when you return to lifting at normal speed."

##### **You said:**

Write me an intro post for the minimal community page named "Form Check" give an brief intro and reframe the following to fit more the minimal tone of voice: How to GET the Best Form Check To give you the best advice possible, we're going to need you to provide the best video possible. This varies from lift to lift but the following are helpful guidelines: PLEASE start your video from the point you start un-racking the weight. Or, if lifting from the floor, start the video when the actual lifting starts. We don't need to see your mental prep, or watch you walking away from the camera. You can do this by trimming your video before you upload it or by linking to the time lifting starts. On YouTube, pause the video where you start your lift, right click on the video, click "get video URL at current time." One rep maxes are nearly always sloppy. Sets of ten are too light to expose your weaknesses. Film a heavy set of around five, so that it's challenging, but will still give us enough reps to see variations. For most people, this will be around 80%-85% of their one-rep max. We need to see your whole body through the entire movement. You may not understand why we want to see your feet on a bench press. But, that's why you're here. Make sure everything is in the frame and, as much as possible, ensure nothing is blocking the view (shoes, other gym goers, spotter arms, base of the rack, etc). Film from the appropriate height/angle for the lift. This varies from lift to lift and some coaches have different preferences. In general though, angled at 4:30 or 7:30 from standing hip-height is ideal (using the round clock analogy). Think about what you want feedback on, and base the angle off of that. For example, if you are worried about bar path, a side view would be best. If you are worried about hand placement, though, the side view would obviously not work. If possible, give us a little information in a comment. What are your goals? We're going to have very different things to say about your squat if you want to be a powerlifter vs. if you want to be a bodybuilder. The more we know about you, the more specific our advice can be. Tag your post with the appropriate flair (if it's available).

###### **ChatGPT said:**

**Welcome to "Form Check" – Your Place to Refine Technique**

Perfecting your form is one of the most important aspects of lifting—it keeps you safe, helps you lift more efficiently, and ensures you’re getting the most out of your training. That’s what “Form Check” is here for: a space to get constructive feedback from our community to fine-tune your technique.

To help us help you, follow these simple guidelines when submitting your videos:

1. **Start Where the Lift Starts** Trim your video to begin when the lift begins—either as you unrack the weight or start lifting from the floor. Skip the setup or mental prep. If you're sharing a YouTube link, you can use the "Get video URL at current time" feature by right-clicking on the exact spot where the lift starts.
2. **Choose the Right Set** Aim to record a heavy working set of about 5 reps (around 80-85% of your 1-rep max). One-rep max attempts are often too sloppy to analyze, and light sets don’t highlight potential weaknesses.
3. **Keep Everything in Frame** Make sure your entire body is visible throughout the movement. This includes seemingly small details, like your feet during a bench press. Avoid obstructions like equipment, gym-goers, or spotter arms blocking the view.
4. **Film From the Right Angle** The camera angle matters. A 4:30 or 7:30 angle from hip height works well for most lifts. If you’re concerned about something specific—like bar path—adjust the angle accordingly (e.g., a side view for bar path or a front view for hand placement).
5. **Add Context** In your post, share your goals. Are you training for powerlifting, bodybuilding, or general fitness? This context helps us tailor our advice to your specific needs.
6. **Tag Your Post** If tagging options are available, use the appropriate flair to organize your post for the community.

We’re excited to help you level up your technique! Post your videos, share your goals, and let’s grow stronger together.

##### **You said:**

how do I order the topics on my podia community page?

###### **ChatGPT said:**

To organize your topics on your Podia community page effectively, follow these steps for clarity and engagement:

### **1. Start with Core Topics**

* Place the most essential and frequently used topics at the top. For example:  
  + **Form Check** (if technique feedback is a big focus for your community)
  + **Getting Started** (introductory resources or FAQs)

### **2. Group Related Topics Together**

* Cluster similar topics to make navigation intuitive. For instance:  
  + Training-related topics like **Strength Training Tips**, **Progress Tracking**, or **Workout Programs** can go under a broader **Training** category.
  + Nutrition topics like **Meal Prep**, **Macronutrients**, or **Recipes** can go under **Nutrition & Diet**.

### **3. Use Sequential or Logical Order**

* If certain topics build upon others (like "Getting Started" leading to "Progress Tracking" and then to "Advanced Tips"), structure them in a natural learning flow.

### **4. Include Special Interest Sections**

* Place niche topics or less frequently used ones (e.g., **Q&A**, **Off-Topic Discussions**) toward the middle or bottom to keep the primary focus upfront.

### **5. Add a Community Engagement Section**

* Create sections for interaction, such as:  
  + **Share Your Wins**
  + **Ask the Coaches**
  + **Monthly Challenges**

### **6. Highlight Featured or Rotating Topics**

* Use Podia’s pinning feature (if available) to spotlight time-sensitive topics, like **Current Challenges** or **Seasonal Focus** (e.g., “September: Golden Month for Fitness”).

### **Suggested Order Example:**

1. **Getting Started**
2. **Form Check**
3. **Strength Training Tips**
4. **Progress Tracking**
5. **Recipes & Nutrition Tips**
6. **Monthly Challenges**
7. **Ask the Coaches**
8. **Share Your Wins**
9. **Off-Topic Discussions**

Finally, keep the layout simple and intuitive. Periodically review engagement metrics to see which topics people use most and adjust the order as needed.

##### **You said:**

but how do I literally make those adjustments?

###### **ChatGPT said:**

To rearrange the topics on your Podia community page, follow these steps:

1. **Log into Podia** Go to your Podia dashboard and log in to your account.
2. **Navigate to Your Community** On the main menu, click on **Community** to access your community settings.
3. **View or Edit Topics** Once in the Community section, locate the **Topics** area. This is where all your discussion topics or categories are listed.
4. **Reorder Topics** Podia allows you to rearrange topics by dragging and dropping.  
   * Hover over the topic you want to move until you see a "drag handle" (usually three lines or dots next to the topic name).
   * Click and hold the handle, then drag the topic to its new position. Release to drop it into place.
5. **Save Changes** (if necessary)  
    Some systems automatically save changes as you reorder topics, but if Podia requires manual saving, look for a **Save** or **Publish** button and click it.
6. **Preview Your Community Page** After reordering, preview your community page to ensure the new layout looks and flows the way you want.
7. **Adjust as Needed** If any changes don’t feel right, go back and repeat the process.

That’s it! This drag-and-drop method makes it easy to reorder topics to keep your community page user-friendly and intuitive.

##### **You said:**

give me a 1-2 sentence description for a announcements and updates community page

###### **ChatGPT said:**

**Announcements & Updates** Stay in the loop with the latest news, upcoming events, and important updates from our team. Check here regularly to stay informed and connected with everything happening in the Minimal community!

##### **You said:**

for "Form Check"

###### **ChatGPT said:**

**Form Check** Share your lifting videos and get personalized feedback to perfect your technique. Whether you're working on squats, deadlifts, or bench presses, our community is here to help you lift smarter and safer!

##### **You said:**

Add another rule and make it #1 about leaving the critquing to the coaches. This page is open for you to submit your videos but we want to leave the comments for the coaches

###### **ChatGPT said:**

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Perfecting your form is one of the most important aspects of lifting—it keeps you safe, helps you lift more efficiently, and ensures you’re getting the most out of your training. That’s what “Form Check” is here for: a space to get constructive feedback from our

##### **You said:**

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###### **ChatGPT said:**

**Form Check** Perfecting your form is one of the most important aspects of lifting—it keeps you safe, helps you lift more efficiently, and ensures you’re getting the most out of your training. That’s what “Form Check” is here for: a space to get constructive feedback from our coaches to fine-tune your technique.

To help us help you, follow these simple guidelines when submitting your videos:

1. **Leave the Critiquing to the Coaches** This page is open for you to submit your videos, but we ask that feedback and comments are left to the coaches. This ensures you get clear, consistent advice from professionals who can guide you effectively.
2. **Start Where the Lift Starts** Trim your video to begin when the lift begins—either as you unrack the weight or start lifting from the floor. Skip the setup or mental prep. If you're sharing a YouTube link, use the "Get video URL at current time" feature by right-clicking on the exact spot where the lift starts.
3. **Choose the Right Set** Aim to record a heavy working set of about 5 reps (around 80-85% of your 1-rep max). One-rep max attempts are often too sloppy to analyze, and light sets don’t highlight potential weaknesses.
4. **Keep Everything in Frame** Make sure your entire body is visible throughout the movement. This includes seemingly small details, like your feet during a bench press. Avoid obstructions like equipment, gym-goers, or spotter arms blocking the view.
5. **Film From the Right Angle** The camera angle matters. A 4:30 or 7:30 angle from hip height works well for most lifts. If you’re concerned about something specific—like bar path—adjust the angle accordingly (e.g., a side view for bar path or a front view for hand placement).
6. **Add Context** In your post, share your goals. Are you training for powerlifting, bodybuilding, or general fitness? This context helps us tailor our advice to your specific needs.
7. **Tag Your Post** If tagging options are available, use the appropriate flair to organize your post for the community.

We’re excited to help you level up your technique! Post your videos, share your goals, and let’s grow stronger together.

##### **You said:**

Let

###### **ChatGPT said:**

It looks like your message got cut off—what can I help you with? 😊

##### **You said:**

Let's reword #5, explain that the best view for the majority of your lifts should be filmed profile, showing your whole body head to toe (feel free to edit out your face if you are uncomfortable showing) sometimes 45 degree angles may be requested for certain lifts

###### **ChatGPT said:**

Here’s the revised #5:

1. **Film From the Right Angle** For most lifts, a profile view (side view) showing your whole body from head to toe is ideal. This allows us to assess your form more accurately. If you’re uncomfortable showing your face, feel free to edit it out. In some cases, a 45-degree angle may be preferred for specific lifts, depending on what you're seeking feedback on (e.g., bar path, body position).

##### **You said:**

Do a short 1-2 sentence description for our Challenge hub page: where we post details about 6 and 12 week challenges, where you can participate in those challenges, and cheer each other on!

###### **ChatGPT said:**

**Challenge Hub** Welcome to the Challenge Hub! Here you’ll find details about our 6 and 12-week challenges, a place to track your progress, participate, and cheer each other on as we work toward our goals together!

##### **You said:**

Do one for: Books, Podcasts, and other Resources

###### **ChatGPT said:**

**Books, Podcasts, and Other Resources** Discover a collection of our favorite books, podcasts, and resources to help you grow in fitness, nutrition, and wellness. Whether you're looking for inspiration, education, or practical tips, you'll find something here to support your journey!

##### **You said:**

"non-scale victories"

###### **ChatGPT said:**

**Non-Scale Victories** Celebrate the wins that go beyond the numbers on the scale! This is the space to share those powerful moments of progress, like increased strength, improved energy, or fitting into clothes better—because every step forward matters!

##### **You said:**

"ask the coaches"

###### **ChatGPT said:**

**Ask the Coaches** Have a question or need personalized advice? Drop your questions here, and our coaches will provide expert insights to help you navigate your fitness, nutrition, and wellness journey. We’re here to support you!

##### **You said:**

Can you help me create a table for people to track their workouts that I give them. The format should be fairly simple. Here is how I format workouts, and here are the things I want them to track: Example: Station A- Superset A1: Goblet Squat, 3 sets, 8-10 reps A2: Dumbbell Row, 3 sets, 8-10 Reps I want them to track their set, their rep, and their RPE

###### **ChatGPT said:**

Here’s a simple and effective table format for your clients to track their workouts:

### **Workout Tracking Table**

#### **Station A - Superset**

**A1: Goblet Squat (3 sets, 8-10 reps)**

| **Set** | **Reps Completed** | **RPE** |
| --- | --- | --- |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

**A2: Dumbbell Row (3 sets, 8-10 reps)**

| **Set** | **Reps Completed** | **RPE** |
| --- | --- | --- |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

Repeat this format for each station or exercise. This gives your clients a clean, structured way to log their performance while focusing on progression. If you'd like, I can also provide it as a downloadable file. Let me know!

##### **You said:**

Can you give me a short write up about how and why you should track your progress using the above template as the basis

###### **ChatGPT said:**

**Why You Should Track Your Progress**

Tracking your workouts isn’t just about writing down numbers—it’s about creating a roadmap for growth. Using a simple format like the one above helps you stay consistent, measure progress, and identify areas for improvement.

By logging your sets, reps, and RPE (Rate of Perceived Exertion), you get a clear picture of how hard you’re working and whether you’re moving closer to your goals. Tracking your RPE ensures you’re not just going through the motions but challenging yourself appropriately, avoiding plateaus, and reducing the risk of overtraining.

Progress isn’t always about lifting heavier; it’s also about mastering form, improving endurance, or making the same weight feel easier. With this system, every workout becomes an opportunity to reflect, adapt, and grow stronger.

This is my go-to warm-up routine—a quick, natural flow designed to target and activate the body’s major movement hubs: the shoulders, hips, and spine. It ensures you’re covering all the essentials in a timely manner. Beyond a warm-up, this routine is also great for filler days when you need a simple yet effective mobility session outside of your usual routine.

The recommended reps below are just guidelines. Feel free to adjust them to fit your needs. Some days, you might find that 15–20 reps are necessary to loosen up a specific area instead of the suggested 10. That’s completely fine. The goal is to develop the skill of listening to your body before diving into a workout or a physically demanding day.

I often describe mobility work as “having a conversation with yourself.” Your body communicates its needs well, but it’s easy to miss those signals. Use this routine as an opportunity to tune in, respond, and prepare yourself for what’s ahead.

This version improves clarity, flow, and impact while maintaining your original tone. Let me know if you’d like further refinements!

##### **You said:**

I want you to take the included paragraph but change it so it fits the title: Station A: Balance and Stability (Foot/Knee/Hip) The first grouping of exercises after your warm-up is for strength and stability. This station focuses on building both stability and strength, two essential components for long-term health and fitness. Stability exercises target those deeper muscles that support your joints and spine, improving balance and reducing the risk of injury, while strength exercises help build muscle and boost metabolism. By focusing on both, you’ll not only increase your power and endurance but also improve your overall movement quality. Prioritizing stability and strength is key to creating a strong, balanced body that feels better and moves better in everyday life.

###### **ChatGPT said:**

**Station A: Balance and Stability (Foot/Knee/Hip)** This station focuses on improving balance and stability through targeted exercises that engage the foot, knee, and hip. By honing in on these key areas, you’ll strengthen the deeper muscles that support your joints, enhance your overall movement control, and reduce the risk of injury. These exercises are essential for developing a solid foundation, ensuring your body moves with confidence and precision. Prioritizing balance and stability at this station sets the stage for improved performance and better movement in both workouts and daily life.

##### **You said:**

Add a fact about why balance is important

###### **ChatGPT said:**

**Station A: Balance and Stability (Foot/Knee/Hip)** This station focuses on improving balance and stability through targeted exercises that engage the foot, knee, and hip. By honing in on these key areas, you’ll strengthen the deeper muscles that support your joints, enhance your overall movement control, and reduce the risk of injury. Balance is crucial because it helps prevent falls, enhances athletic performance, and improves overall coordination, which becomes increasingly important as we age. Prioritizing balance and stability at this station sets the stage for improved performance and better movement in both workouts and daily life.

##### **You said:**

Give me a brief explaination of what a "giant-set" is. (in this context a giant set will be describing 3 exercises back to back with little to not rest, until all 3 have been done.)

###### **ChatGPT said:**

A **giant set** is a sequence of three exercises performed back-to-back with little to no rest in between. You complete all three exercises in the set before taking a rest. This approach is great for maximizing efficiency, keeping your heart rate up, and challenging your muscles in a short amount of time.

##### **You said:**

at the end, add in context about really taking your rest break as a chance to reset, and to rest for the recommeded time, but make sure you are fully rested and ready to attack the next set again to your fullest potential.

###### **ChatGPT said:**

A **giant set** is a sequence of three exercises performed back-to-back with little to no rest in between. You complete all three exercises in the set before taking a rest. This approach is great for maximizing efficiency, keeping your heart rate up, and challenging your muscles in a short amount of time.

After completing a giant set, use your rest break as a chance to reset both physically and mentally. Rest for the recommended time, but make sure you’re fully recovered and ready to attack the next set with your fullest potential. Prioritizing quality over rushing will help you get the most out of your workout.

##### **You said:**

Edit for clarity, impact, using the minimal tone: Station B will be set-up in a Giant Set, and is focused on the strength and stability of your core and stabilizer muscles. A giant set is a sequence of three exercises performed back-to-back with little to no rest in between. You complete all three exercises in the set before taking a rest. This approach is great for maximizing efficiency, keeping your heart rate up, and challenging your muscles in a short amount of time. After completing a giant set, use your rest break as a chance to reset both physically and mentally. Rest for the recommended time, but make sure you’re fully recovered and ready to attack the next set with your fullest potential. Prioritizing quality over rushing will help you get the most out of your workout.

###### **ChatGPT said:**

**Station B: Giant Set for Core Strength and Stability** Station B is structured as a giant set, targeting the strength and stability of your core and stabilizer muscles. A giant set involves performing three exercises back-to-back with little to no rest between them. After completing all three exercises, take a rest break.

Use this rest period to reset both physically and mentally. Rest for the recommended time, but ensure you’re fully recovered and ready to approach the next set with your full effort. Prioritizing quality over speed will help you maximize the benefits of your workout.

##### **You said:**

Change the following so that it explains that this station will be a super set, foucused on compound movements. Also highlight how that due to using bodyweight many of the leg movements will be focused on near-single leg exercises such as the split squat, and and single leg deadlift, go on to highlight some of the befinfit sthat come from that style of training: The C station still comprised of challenging, moderately heavy weights to further push our strength development, and it allows us to spend sometime to help bring up any "weak links" that may have been missed in out main lift. You will often see single leg exercises like Split Squats, Lunges, and Single Leg Deadlifts. As well as, exercises like Rows, pull-ups and variations of push-ups.

###### **ChatGPT said:**

**Station C: Super Set with a Focus on Compound Movements**

Station C is structured as a super set, combining two exercises performed back-to-back with little to no rest. This station focuses on compound movements, with an emphasis on bodyweight and near-single-leg exercises such as split squats, lunges, and single-leg deadlifts. These movements not only target the major muscle groups in your legs but also engage stabilizer muscles, improve balance, and correct muscular imbalances between sides.

In addition to lower-body work, you’ll see upper-body compound exercises like rows, pull-ups, and push-up variations. This combination ensures that you’re building full-body strength and addressing any potential “weak links” that may have been missed during your main lifts. Training in this way not only develops strength and stability but also enhances functional movement, helping you move better and more confidently in everyday life.

##### **You said:**

Edit for clarity and impact in the minimal tone: In this station, you will perform Exercise A1 and A2 back-to-back with no rest in between. A1 consists of 12 high knee step-ups or lunges with a high knee. At the top of the final rep, hold the position to transition into your balance challenge (A2). To do this, soften your joints and avoid locking out your knee. Begin by gently exploring your stability, keeping your foot just slightly off the ground at first. As you progress, challenge your balance by increasing the range of movement, but always move slowly and with control. You will only being doing one set of this challenge. Pro Tip: It may be helpful to "gamify" this challenge by assigning a point system. Once you start the balance challenge anytime you need a 'touch point' either using your hand or foot to regain balance, you assign yourself 1 point. The goal is to complete the challenge with the lowest possible points.

###### **ChatGPT said:**

**Station Overview: A1 and A2 Balance Challenge**

In this station, you’ll perform Exercise A1 and A2 back-to-back without rest.

* **A1:** Complete 12 high knee step-ups or lunges with a high knee. On the final rep, hold the high knee position to transition seamlessly into your balance challenge (A2).
* **A2:** For the balance challenge, keep your joints soft and avoid locking your knee. Start by gently exploring your stability with your foot just slightly off the ground. As you improve, increase your range of movement, but always move slowly and with control.

This is a one-set challenge designed to test and enhance your balance.

**Pro Tip:** Turn it into a game! Assign yourself 1 point every time you need to use your hand or foot to regain balance during A2. The goal is to complete the challenge with as few points as possible, pushing yourself to improve over time.

##### **You said:**

Edit for clarity and impcat: In this station, you will perform Exercise B1, B2, and B3, back to back with little to no rest in between. Once you have finished B3, rest for 90-120 seconds. Then repeat for 2 more rounds for a total of 3 rounds. B1) Side Plank Progressions: 5 Reps with 10 Seconds holds Pick one of the progressions from the Playlist that suits your level. You want to pick a progression that you can accomplish each set for the amount of reps/duration successfully. B2) Glute Bridge Marching Progressions: 35 Seconds of Work Pick one of the progressions from the Playlist that suits your level. You want to pick a progression that you can accomplish each set for the amount of reps/duration successfully. B3) You have two Options here: Option 1) Push-back to Plank: 1-10-1 Method 1st Rep – 10-Second Hold: Hold a Plank Position for 10 seconds Squeeze your Glutes and Quads as hard as possible at the top and hold for 10 seconds, ensuring your hips stay level and your lower back doesn’t arch. 10 Dynamic Reps: Shift your weight back, bending at the knees. Try to maintain a flat back throughout the entire range of motion. Perform 10 smooth, controlled reps, maintaining tension in your glutes throughout. Final Rep – 10-Second Hold: After completing the 10 reps, hold the plank position again for another 10 seconds, squeezing your glutes as hard as possible. Option 2) Dynamic Standing Side Squat: 10 Reps Each Side Start standing in a narrow stance. (Feet together, or hip-width apart) Using one foot, step to the side to create a wide squat stance (outside shoulder width apart) Bending at the knees Drop into a deep squat and touch the floor in between your feet. Return to starting position Repeat to the opposite side

###### **ChatGPT said:**

**Station Overview: Core and Glute Giant Set (B1, B2, B3)**

In this station, you’ll perform Exercises B1, B2, and B3 back-to-back with little to no rest. After finishing B3, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds.

* **B1) Side Plank Progressions**: 5 reps with 10-second holds  
   Select a progression from the playlist that matches your current ability. Choose a version you can perform successfully for the prescribed reps and duration in each set.
* **B2) Glute Bridge Marching Progressions**: 35 seconds of work  
   Pick a progression from the playlist that challenges you but allows you to maintain proper form for the entire duration.
* **B3) Choose One of Two Options:**
  + **Option 1) Push-Back to Plank (1-10-1 Method)**
    - **1st Rep – 10-Second Hold**: Begin in a plank position, squeezing your glutes and quads as hard as possible while maintaining level hips and a neutral spine.
    - **10 Dynamic Reps**: Shift your weight back, bending at the knees while keeping a flat back. Perform 10 smooth, controlled reps, staying engaged through your glutes.
    - **Final Rep – 10-Second Hold**: End with another 10-second plank hold, squeezing your glutes and maintaining tension.
  + **Option 2) Dynamic Standing Side Squat**: 10 reps each side  
    - Start in a narrow stance (feet together or hip-width apart).
    - Step one foot to the side, creating a wide squat stance. Drop into a deep squat, touching the floor between your feet.
    - Return to the starting position and repeat on the opposite side.

Focus on quality over quantity and choose options that challenge your strength, stability, and control.

##### **You said:**

Edit for Clarity and impact (also edit B1 instructions to fit the split-squat): C1) Bodyweight Split-squat 15 Reps Each Leg Pro Tip: You want to start out with the Target around Knee Height. As you gain proficiency in the movement, you can slowly start to lower the the target height to increase the challenge. You want to feet a stretch on the backside of your leg during this movement. C2) Hands Elevated Push-ups: 12-15 Reps Pro Tip: The same idea applies here. The high the surface you place you hands on, the more accessible the movement will be. The goal is to take your sternum (the boney structure at the center of your chest) and lightly tap it to whatever surface you are using. If you can do 3 sets of 15 reps easily, it's time to lower the surface 3-5inches and build back up. C3) Hollow Body Holds Progressions: 5 Reps with 10 Seconds holds Pick one of the progressions from the Playlist that suits your level. You want to pick a progression that you can accomplish every set for the amount of reps/duration successfully. Once you can do that, try working on the next progression, with the same goal.

###### **ChatGPT said:**

**C1) Bodyweight Split Squat**: 15 reps each leg  
 **Pro Tip**: Start with the target at knee height. As you get more proficient, lower the target to increase the challenge. You should feel a stretch on the backside of your leg during this movement. Focus on controlled movement and maintaining good posture throughout.

**C2) Hands Elevated Push-ups**: 12-15 reps  
 **Pro Tip**: The higher the surface you place your hands on, the easier the movement will be. The goal is to bring your sternum (the bony part of your chest) to lightly tap the surface. Once you can complete 3 sets of 15 reps comfortably, lower the surface by 3-5 inches and work your way back up.

**C3) Hollow Body Hold Progressions**: 5 reps with 10-second holds  
 Pick a progression from the playlist that matches your current ability. The key is to choose a progression you can complete for the prescribed reps and hold duration. Once you're comfortable, challenge yourself with the next progression.

##### **You said:**

Give me basic instructions on how to do the exercise "Split Squat"

###### **ChatGPT said:**

**Split Squat Instructions**

1. **Start Position**: Stand tall with your feet hip-width apart. Step one foot back, keeping your hips square and facing forward. Your back knee should hover just above the ground, with your front thigh parallel to the floor when you lower down.
2. **Lowering Phase**: Bend both knees to lower your body toward the ground. Keep your torso upright and your chest open. Your back knee should track straight down, and your front knee should stay aligned with your ankle (don’t let it go past your toes).
3. **Depth**: Lower yourself until your front thigh is parallel to the floor or as low as you can go with good form. Make sure to maintain a straight line from your head to your hips to your back knee.
4. **Return**: Press through your front heel to drive your body back up to the starting position, straightening both knees.
5. **Breathing**: Inhale as you lower down, and exhale as you press back up.

**Pro Tip**: Focus on maintaining control throughout the movement and avoid rushing through the reps. Keep your core engaged to help stabilize your torso.

##### **You said:**

Give me a pro tip on how to correctly set-up for the split squat exercise. (how it is best to start from a kneeling position and ensure that both legs form a 90 degree angle)

###### **ChatGPT said:**

**Pro Tip for Split Squat Set-up**:  
 Start by kneeling on the floor with one knee down and the other foot in front. From this position, step your front foot forward until your shin is vertical. Your back knee should remain close to the floor, and both legs should form 90-degree angles. Your front thigh should be parallel to the ground when you lower yourself, and your back knee should track straight down. This setup ensures proper alignment and will help you focus on the correct movement pattern throughout the exercise.

##### **You said:**

Give me a protip on the "glute Bridge March" exercise to help ensure I keep my hips stable

###### **ChatGPT said:**

**Pro Tip for Glute Bridge March**:  
 To keep your hips stable during the Glute Bridge March, focus on keeping your glutes engaged throughout the entire movement. As you lift one leg, avoid letting your hips dip or shift to the side. Imagine pulling your belly button toward your spine to activate your core and maintain a level pelvis. Before each march, pause briefly at the top of the bridge to ensure your hips are fully extended and stable, then slowly lower your leg without letting your hips drop. This will help maintain balance and prevent unnecessary movement.

##### **You said:**

a short how to on the wall sit

###### **ChatGPT said:**

**How to Do a Wall Sit**:

1. **Start Position**: Stand with your back against a wall and your feet about hip-width apart, a few inches away from the wall.
2. **Slide Down**: Slowly lower your body by bending your knees until your thighs are parallel to the ground, forming a 90-degree angle at your hips and knees.
3. **Engage**: Keep your back flat against the wall, shoulders relaxed, and core tight. Ensure your knees stay directly above your ankles, not pushing past your toes.
4. **Hold**: Maintain the position for the prescribed time, keeping your muscles engaged.
5. **Finish**: When done, slowly rise back up to standing.

**Pro Tip**: Keep your feet flat on the floor and don’t let your knees cave in—focus on squeezing your glutes and quads to maintain stability.

##### **You said:**

Help me fill out this idea some more: The major goals of the first week of this challenge is to simply get acquainted with the exercises that have been selected, and to get a sense of the flow of this workout.

###### **ChatGPT said:**

The major goals of the first week of this challenge are to get acquainted with the exercises that have been selected, and to familiarize yourself with the flow of the workout. During this week, focus on mastering the proper form and technique for each exercise. This will lay a solid foundation for progression in the coming weeks. It’s also a great opportunity to gauge your current fitness level and identify any areas that may need extra attention. Don’t worry about hitting personal bests or completing every rep perfectly — the priority is to get comfortable with the movements and build confidence. By the end of the week, you’ll have a better understanding of how each exercise fits into the routine and how your body feels throughout the session. This will set you up for success as you move into the next phases of the challenge, where you can start pushing yourself further.

##### **You said:**

Can you expand and apply progressive overload for the following for 3 more weeks: Station A: Balance and Skill Work In this station, you’ll perform Exercise A1 and A2 back-to-back without rest. A1: Complete 12 high knee step-ups or lunges with a high knee. On the final rep, hold the high knee position to transition seamlessly into your balance challenge (A2). A2: For the balance challenge, keep your joints soft and avoid locking your knee. Start by gently exploring your stability with your foot just slightly off the ground. As you improve, increase your range of movement, but always move slowly and with control. This is a single-set challenge designed to test and enhance your balance. Pro Tip: Turn it into a game! Assign yourself 1 point every time you need to use your hand or foot to regain balance during A2. The goal is to complete the challenge with as few points as possible, pushing yourself to improve over time. A1) High Knee Step-ups: 12 Reps Pro Tip: If you struggle with your lunges, don't be afraid to have a sturdy chair or table to assist you in the movement. You don't want to overly rely on this assistance, but also don't be afraid to use it when you need it. I would recommend using it as much as you need on the way up in the movement, and focus all of your energy on using the strength of your legs to lower you back down into position, lightly using the assistance when you need. A2) Single Leg Balance: 30 Seconds of Work Pro Tip: Have a stable and steady surface like a wall, or sturdy chair nearby to use as a "touch point" to help you regain stability. The goal is to obviously use it as little as possible, but for the initial few weeks of training, you will want to have a "safety net" of sorts as you build confidence in the movement. RPE Recommendation: 5-6 out of 10 RPE. You shouldn't be terribly fatigued, but you might find you "feel the burn" in your foot and ankle, and having that burn travel up your leg into your glutes. This is good. Station B: Stability and Strength In this station, you’ll perform Exercises B1, B2, and B3 back-to-back with little to no rest. After finishing B3, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. B1) Side Plank Progressions: 5 reps with 10-second holds Select a progression from the playlist that matches your current ability. Choose a version you can perform successfully for the prescribed reps and duration in each set. For most beginners I recommend the "Wide Stance Side Plank" B2) Glute Bridge Marching: 35 seconds of work Pro tip: To keep your hips stable during the Glute Bridge March, focus on keeping your glutes engaged throughout the entire movement. As you lift one leg, avoid letting your hips dip or shift to the side. Imagine pulling your belly button toward your spine to activate your core and maintain a level pelvis. Before each march, pause briefly at the top of the bridge to ensure your hips are fully extended and stable, then slowly lower your leg without letting your hips drop. B3) Choose One of Two Options: Option 1) Push-Back to Plank (1-10-1 Method) 1st Rep – 10-Second Hold: Begin in a plank position, squeezing your glutes and quads as hard as possible while maintaining level hips and a neutral spine. 10 Dynamic Reps: Shift your weight back, bending at the knees while keeping a flat back. Perform 10 smooth, controlled reps, staying engaged through your glutes. Final Rep – 10-Second Hold: End with another 10-second plank hold, squeezing your glutes and maintaining tension. Option 2) Wall Sit: 30 Second Hold Pro Tip: Keep your feet flat on the floor and don’t let your knees cave in—focus on squeezing your glutes and quads to maintain stability. Focus on quality over quantity and choose options that challenge your strength, stability, and control. Station C: In this station, you’ll perform Exercises C1, and C2 back-to-back with little to no rest. After finishing C2, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. C1) Bodyweight Split Squat: 12 reps each leg Pro Tip for Split Squat Set-up: Start by kneeling on the floor with one knee down and the other foot in front. From this position, step your front foot forward until your shin is vertical. Your back knee should remain close to the floor, and both legs should form 90-degree angles. This setup ensures proper alignment and will help you focus on the correct movement pattern throughout the exercise. C2) Hands Elevated Push-ups: 12-15 reps Pro Tip: The higher the surface you place your hands on, the easier the movement will be. We want to find a high that we can do the Full Range of Motion in. The goal is to bring your sternum (the bony part of your chest) to lightly tap the surface. You can use a couch, coffee table, or the edge of your stairs to find new challenging heights. Once you can complete 3 sets of 15 reps comfortably, lower the surface by 3-5 inches and work your way back up.

###### **ChatGPT said:**

**Week 1:**

**Station A: Balance and Skill Work**

* **A1: High Knee Step-ups**: Complete 12 reps (or lunges with a high knee). On the final rep, hold the high knee position to transition smoothly into the balance challenge (A2).
* **A2: Single Leg Balance**: Hold for 30 seconds per leg. Focus on softening your joints and avoiding locking your knee. Start with your foot just slightly off the ground and gradually increase the range of movement with control.
* **Pro Tip**: Turn this into a game by assigning a point every time you need a touch point (hand or foot) to regain balance. The goal is to reduce your points as you improve.

**Station B: Stability and Strength**

* **B1: Side Plank Progressions**: 5 reps with 10-second holds. Choose the progression that fits your current ability.
* **B2: Glute Bridge Marching**: 35 seconds of work. Focus on keeping your hips stable and level throughout.
* **B3: Option 1: Push-Back to Plank (1-10-1 Method)**: 1st rep (10-second hold), 10 dynamic reps, final 10-second hold. Focus on maintaining tension in your glutes.  
   **Option 2: Wall Sit**: Hold for 30 seconds, ensuring your knees stay aligned and your glutes and quads stay engaged.  
  + Rest 90-120 seconds after completing each round. Complete 3 rounds.

**Station C: Lower Body and Upper Body Strength**

* **C1: Bodyweight Split Squat**: 12 reps per leg. Start from a kneeling position, step your front foot forward to form a 90-degree angle. Focus on keeping your back knee close to the floor.
* **C2: Hands Elevated Push-ups**: 12-15 reps. Gradually lower the surface height to increase the challenge as you progress.

**Week 2:**

**Station A: Balance and Skill Work**

* **A1: High Knee Step-ups**: Increase to 15 reps. Hold the high knee position longer on the final rep to challenge your stability.
* **A2: Single Leg Balance**: Hold for 45 seconds per leg. Increase the range of movement, gradually lifting your foot higher off the ground.

**Station B: Stability and Strength**

* **B1: Side Plank Progressions**: 5 reps with 15-second holds. Move to a more challenging plank progression, such as adding leg lifts or shifting your weight.
* **B2: Glute Bridge Marching**: 40 seconds of work. Focus on maintaining stability through your hips and core.
* **B3: Option 1: Push-Back to Plank (1-10-1 Method)**: 1st rep (15-second hold), 12 dynamic reps, final 15-second hold. Increase control and tension throughout.  
   **Option 2: Wall Sit**: Hold for 35-40 seconds, engaging your glutes and quads throughout.  
  + Rest 90-120 seconds after completing each round. Complete 3 rounds.

**Station C: Lower Body and Upper Body Strength**

* **C1: Bodyweight Split Squat**: 15 reps per leg. Focus on increasing the depth of your squat, making sure both knees form a 90-degree angle.
* **C2: Hands Elevated Push-ups**: 15 reps. If you’re comfortable with 15 reps at your current height, lower the surface 3-5 inches and continue with full range of motion.

**Week 3:**

**Station A: Balance and Skill Work**

* **A1: High Knee Step-ups**: Increase to 18 reps per leg. Hold the high knee position for a few seconds longer and work on slow, controlled movements.
* **A2: Single Leg Balance**: Hold for 60 seconds per leg. Increase the difficulty by lifting your foot higher or incorporating slow, controlled leg movements during the hold.

**Station B: Stability and Strength**

* **B1: Side Plank Progressions**: 5 reps with 20-second holds. Challenge yourself with a more advanced progression, like adding rotations or leg lifts.
* **B2: Glute Bridge Marching**: 45 seconds of work. Ensure a slow and controlled motion, maintaining a stable pelvis throughout.
* **B3: Option 1: Push-Back to Plank (1-10-1 Method)**: 1st rep (20-second hold), 15 dynamic reps, final 20-second hold. Push for deeper tension and control.  
   **Option 2: Wall Sit**: Hold for 45 seconds, focus on deep engagement of glutes, quads, and core.  
  + Rest 90-120 seconds after completing each round. Complete 3 rounds.

**Station C: Lower Body and Upper Body Strength**

* **C1: Bodyweight Split Squat**: 18 reps per leg. Focus on increasing the depth of your squat, ensuring proper alignment and control throughout.
* **C2: Hands Elevated Push-ups**: 15-20 reps. Lower the surface 3-5 inches once you’ve reached 3 sets of 15 reps comfortably.

**Progressive Overload Guidelines:**

* **Station A**: Gradually increase the number of reps or the duration of each exercise, with a focus on improving balance and control.
* **Station B**: Increase the difficulty of holds (longer duration) and add control to dynamic movements (like the push-back to plank and wall sits).
* **Station C**: Gradually increase the number of reps and reduce surface height in push-ups and split squats to increase intensity over time.

##### **You said:**

Give me a write up for week 2 goals based after this example: Phase 1: Week 1 Goals The major goals of the first week of this challenge are to get acquainted with the exercises that have been selected, and to familiarize yourself with the flow of the workout. During this week, focus on mastering the proper form and technique for each exercise. This will lay a solid foundation for progression in the coming weeks. It’s also a great opportunity to gauge your current fitness level and identify any areas that may need extra attention. Don’t worry about hitting personal bests or completing every rep perfectly — the priority is to get comfortable with the movements and build confidence. By the end of the week, you’ll have a better understanding of how each exercise fits into the routine and how your body feels throughout the session. This will set you up for success as you move into the next phases of the challenge, where you can start pushing yourself further.

###### **ChatGPT said:**

**Phase 1: Week 2 Goals** The major goals of Week 2 are to start building on the foundation you established in Week 1 and focus on improving your strength, balance, and control in each exercise. This week, aim to increase the intensity slightly by adding more reps or extending the duration of certain movements. However, the priority remains on perfecting your form and ensuring that you perform each exercise with proper technique, even if that means using slightly lighter intensity or shorter duration. Take note of any areas where you feel stronger and any areas where you may need more focus.

As you progress, the goal is to challenge yourself in a controlled manner, avoiding the urge to rush through the exercises. Focus on executing each movement with intention, paying close attention to how your body feels as you perform each exercise. By the end of Week 2, you should have a solid sense of your progress and feel more confident with the flow of the workout. You will also have a better understanding of where you can start to gradually increase the intensity in the coming weeks, allowing you to set the stage for even greater progress moving forward.

##### **You said:**

Give me a pro tip on the single leg glute bridge exercise

###### **ChatGPT said:**

**Pro Tip for Single Leg Glute Bridge**:  
 To maximize the effectiveness of the single-leg glute bridge, focus on keeping your hips square and level throughout the movement. As you lift one leg, ensure that your pelvis doesn’t tilt or rotate. To help with this, engage your core and squeeze your glutes hard before lifting the leg. Keep the planted foot flat on the ground, driving through your heel to push your hips up, and avoid letting your lower back arch excessively. This will help you target the glutes and hamstrings more effectively while minimizing strain on your lower back. If needed, perform the movement with your hands on your hips to monitor if they shift or twist during the movement.

##### **You said:**

Explain how you would do a 1.5 rep split squat. If you start the split squat from the kneeling position

###### **ChatGPT said:**

To perform a **1.5 rep split squat** starting from the kneeling position, follow these steps:

1. **Start in the Kneeling Position**: Begin by kneeling on the floor with one knee down and the other foot placed in front, ensuring your front knee forms a 90-degree angle and your back knee is close to the ground. Your back knee should hover just above the floor, not touching it.
2. **Full Descent (First Rep)**: From the kneeling position, push through your front heel and lower your hips down toward the floor, ensuring your back knee drops toward the ground while your front knee stays aligned with your foot (don’t let it extend past your toes). Reach the bottom of the split squat position.
3. **Half Rep (Second Part)**: Once you’ve reached the bottom position, drive through your front heel to raise yourself halfway back up, stopping just before your knee fully straightens (about halfway between the bottom and top).
4. **Full Rep (Return to Starting Position)**: After completing the half rep, push through your front heel again and fully extend your legs to return to the starting position, where your back knee is hovering just above the ground, and both knees form 90-degree angles.
5. **Repeat**: Complete the prescribed number of reps on one leg, then switch to the other leg.

**Key Points**:

* Focus on controlling the movement at both the top and bottom of each rep, making sure your knees track correctly and you maintain a tall, upright posture.
* The 1.5 rep technique increases time under tension and helps build strength and stability, particularly in the glutes and quads.

##### **You said:**

try again: starting from the bottom, rise all the way up, come all the way down, go half-way up, back down, and the up fully again, thats 1

###### **ChatGPT said:**

To perform a **1.5 rep split squat** starting from the bottom position, follow these steps:

1. **Start in the Bottom Position**: Begin by kneeling on the floor with one knee down and the other foot in front. Your front knee should form a 90-degree angle, and your back knee should be hovering just above the ground, with your body upright.
2. **Full Descent**: From the bottom position, push through your front heel and rise all the way up to a standing position.
3. **Full Return to Bottom**: Lower yourself all the way back down to the bottom position (where your back knee is hovering just above the floor).
4. **Halfway Up**: From the bottom, rise halfway up (so your front leg is about halfway extended), then lower yourself back down to the bottom position.
5. **Complete the Rep**: Push through your front heel to rise all the way back up to the starting position. This completes **one full 1.5 rep**.

**Key Points**:

* Control the movement throughout, especially when lowering yourself down and when coming back up to avoid any momentum.
* This method increases time under tension and helps target your quads, glutes, and hamstrings more effectively.

##### **You said:**

Write me a week 3 goals based off the following adjustments I've made; Station A: Balance and Skill Work In this station, you’ll perform Exercise A1 and A2 back-to-back without rest. A1: Complete your high knee step-ups or lunges with a high knee. On the final rep, hold the high knee position to transition seamlessly into your balance challenge (A2). A2: For the balance challenge, keep your joints soft and avoid locking your knee. Start by gently exploring your stability with your foot just slightly off the ground. As you improve, increase your range of movement, but always move slowly and with control. This is a single-set challenge designed to test and enhance your balance. Pro Tip: Turn it into a game! Assign yourself 1 point every time you need to use your hand or foot to regain balance during A2. The goal is to complete the challenge with as few points as possible, pushing yourself to improve over time. A1) High Knee Step-ups: 12 Reps Pro Tip: If you struggle with your lunges, don't be afraid to have a sturdy chair or table to assist you in the movement. You don't want to overly rely on this assistance, but also don't be afraid to use it when you need it. I would recommend using it as much as you need on the way up in the movement, and focus all of your energy on using the strength of your legs to lower you back down into position, lightly using the assistance when you need. A2) Single Leg Balance: 50 Seconds of Work Pro Tip: Have a stable and steady surface like a wall, or sturdy chair nearby to use as a "touch point" to help you regain stability. The goal is to obviously use it as little as possible, but for the initial few weeks of training, you will want to have a "safety net" of sorts as you build confidence in the movement. RPE Recommendation: 5-6 out of 10 RPE. You shouldn't be terribly fatigued, but you might find you "feel the burn" in your foot and ankle, and having that burn travel up your leg into your glutes. This is good. Station B: Stability and Strength In this station, you’ll perform Exercises B1, B2, and B3 back-to-back with little to no rest. After finishing B3, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. B1) Side Plank Progressions: 3 reps with 20-second holds Select a progression from the playlist that matches your current ability. Choose a version you can perform successfully for the prescribed reps and duration in each set. For most beginners I recommend the "Wide Stance Side Plank" B2) Choose one of two Options: Option 1) Glute Bridge Marching: 45 seconds of work Pro tip: To keep your hips stable during the Glute Bridge March, focus on keeping your glutes engaged throughout the entire movement. As you lift one leg, avoid letting your hips dip or shift to the side. Imagine pulling your belly button toward your spine to activate your core and maintain a level pelvis. Before each march, pause briefly at the top of the bridge to ensure your hips are fully extended and stable, then slowly lower your leg without letting your hips drop. Option 2) Single Leg Glute Bridge: 8 Reps each leg Pro Tip: To maximize the effectiveness of the single-leg glute bridge, focus on keeping your hips square and level throughout the movement. Keep the planted foot flat on the ground, driving through your heel to push your hips up, and avoid letting your lower back arch excessively. This will help you target the glutes and hamstrings more effectively while minimizing strain on your lower back. If needed, perform the movement with your hands on your hips to monitor if they shift or twist during the movement. B3) Choose One of Two Options: Option 1) Push-Back to Plank (1-15-1 Method) 1st Rep – 10-Second Hold: Begin in a plank position, squeezing your glutes and quads as hard as possible while maintaining level hips and a neutral spine. 12 Dynamic Reps: Shift your weight back, bending at the knees while keeping a flat back. Perform 10 smooth, controlled reps, staying engaged through your glutes. Final Rep – 10-Second Hold: End with another 10-second plank hold, squeezing your glutes and maintaining tension. Option 2) Wall Sit: 50 Second Hold Pro Tip: Keep your feet flat on the floor and don’t let your knees cave in—focus on squeezing your glutes and quads to maintain stability. Focus on quality over quantity and choose options that challenge your strength, stability, and control. Station C: In this station, you’ll perform Exercises C1, and C2 back-to-back with little to no rest. After finishing C2, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. C1) Bodyweight Split Squat: 8 reps each leg using the 1.5 Rep Scheme To perform a 1.5 rep split squat starting from the bottom position, follow these steps: Start in the Bottom Position: Begin by kneeling on the floor with one knee down and the other foot in front. Your front knee should form a 90-degree angle, and your back knee should be hovering just above the ground, with your body upright. Full Ascent: From the bottom position, push through your front heel and rise all the way up to a standing position. Full Return to Bottom: Lower yourself all the way back down to the bottom position (where your back knee is hovering just above the floor). Halfway Up: From the bottom, rise halfway up (so your front leg is about halfway extended), then lower yourself back down to the bottom position. Complete the Rep: Push through your front heel to rise all the way back up to the starting position. This completes one full 1.5 rep. Key Points: Control the movement throughout, especially when lowering yourself down and when coming back up to avoid any momentum. It's not about "bouncing" through the half rep, but slowly shifting in and out of that range of motion with control. This method increases time under tension and helps target your quads, glutes, and hamstrings more effectively. C2) Hands Elevated Push-ups: 12-15 reps Pro Tip: The higher the surface you place your hands on, the easier the movement will be. We want to find a high that we can do the Full Range of Motion in. The goal is to bring your sternum (the bony part of your chest) to lightly tap the surface. You can use a couch, coffee table, or the edge of your stairs to find new challenging heights. Once you can complete 3 sets of 15 reps comfortably, lower the surface by 3-5 inches and work your way back up.

###### **ChatGPT said:**

**Phase 1: Week 3 Goals**

The focus of week 3 is to continue building strength, stability, and balance while incorporating more time under tension to further challenge your muscles. By now, you’ve gotten familiar with the exercises and are beginning to understand how each movement feels and fits into the flow of the workout. Week 3 will start to test your endurance, balance, and control, pushing you to improve both physically and mentally.

**Station A: Balance and Skill Work** In this station, your focus remains on improving your balance and joint control, but the challenge intensifies as you aim for more stability in the single-leg balance challenge (A2). After performing your high knee step-ups (A1), you’ll seamlessly transition into the balance challenge and start to test your limits. The goal is to use fewer "safety net" points and increase the time you can hold your balance. Focus on slow, controlled movements, and be mindful of your posture. Work on minimizing any wobbles or compensations as you improve.

*Goal for Week 3*:

* Reduce the number of points you score in the balance challenge by maintaining better control. Aim to complete the balance challenge with fewer than 3 points.
* Continue focusing on the form of your high knee step-ups, ensuring smooth transitions into the balance challenge without rushing through the reps. Aim for consistent form and a steady pace throughout.

**Station B: Stability and Strength** Week 3 introduces additional sets of stability and strength work. As you move through the exercises back-to-back, focus on maintaining quality control in each movement, especially in the glute bridges and push-back to plank exercises. With the glute bridge march or single-leg glute bridge, it's important to maintain core stability and avoid letting your hips dip or twist. Push-back to plank will test your glute and core strength, so prioritize form during the dynamic reps and plank holds.

*Goal for Week 3*:

* Aim to complete the 3 rounds of side plank progressions with a smooth transition from one rep to the next.
* In your glute bridge options, focus on a controlled motion, ensuring that you don’t rush through the leg raises. Prioritize stability over speed.
* For push-back to plank or wall sit, aim for a solid 90-second hold with proper posture, keeping your core and glutes engaged throughout the entire set.

**Station C: Strength Focus** This station is all about strengthening your lower body and upper body with the 1.5 rep split squat and hands elevated push-ups. The 1.5 rep split squat continues to emphasize time under tension, working your quads, glutes, and hamstrings more effectively. Take each rep slowly and under control to get the most benefit. The hands elevated push-ups are designed to work your upper body and core, challenging you to maintain full range of motion. Lower the height of your hands once you’ve mastered the current level to increase difficulty and progression.

*Goal for Week 3*:

* In the 1.5 rep split squat, focus on controlling the descent and ascent, especially in the half rep. Aim for perfect form with no bouncing through the movement. If you haven’t yet mastered the full range, focus on ensuring each rep is executed smoothly.
* For hands elevated push-ups, increase the challenge by lowering the height of your hands if you're completing 15 reps comfortably. Prioritize a full range of motion and work toward mastering the full push-up progression.

**RPE Recommendation**: For all stations, aim for an RPE of 6-7. You should feel the burn, particularly in your foot, ankle, and core muscles, but avoid reaching exhaustion. Focus on maintaining control, form, and steady progression.

##### **You said:**

now give me a week 4 goals right up based on these changes: tation A: Balance and Skill Work In this station, you’ll perform Exercise A1 and A2 back-to-back without rest. A1: Complete your high knee step-ups or lunges with a high knee. On the final rep, hold the high knee position to transition seamlessly into your balance challenge (A2). A2: For the balance challenge, keep your joints soft and avoid locking your knee. Start by gently exploring your stability with your foot just slightly off the ground. As you improve, increase your range of movement, but always move slowly and with control. This is a single-set challenge designed to test and enhance your balance. Pro Tip: Turn it into a game! Assign yourself 1 point every time you need to use your hand or foot to regain balance during A2. The goal is to complete the challenge with as few points as possible, pushing yourself to improve over time. A1) High Knee Step-ups: 15 Reps Pro Tip: If you struggle with your lunges, don't be afraid to have a sturdy chair or table to assist you in the movement. You don't want to overly rely on this assistance, but also don't be afraid to use it when you need it. I would recommend using it as much as you need on the way up in the movement, and focus all of your energy on using the strength of your legs to lower you back down into position, lightly using the assistance when you need. A2) Single Leg Balance: 60 Seconds of Work Pro Tip: Have a stable and steady surface like a wall, or sturdy chair nearby to use as a "touch point" to help you regain stability. The goal is to obviously use it as little as possible, but for the initial few weeks of training, you will want to have a "safety net" of sorts as you build confidence in the movement. Station B: Stability and Strength In this station, you’ll perform Exercises B1, B2, and B3 back-to-back with little to no rest. After finishing B3, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. B1) Side Plank Progressions: 3 reps with 20-second holds Select a progression from the playlist that matches your current ability. Choose a version you can perform successfully for the prescribed reps and duration in each set. For most beginners I recommend the "Wide Stance Side Plank" B2) Choose one of two Options: Option 1) Glute Bridge Marching: 45 seconds of work Pro tip: To keep your hips stable during the Glute Bridge March, focus on keeping your glutes engaged throughout the entire movement. As you lift one leg, avoid letting your hips dip or shift to the side. Imagine pulling your belly button toward your spine to activate your core and maintain a level pelvis. Before each march, pause briefly at the top of the bridge to ensure your hips are fully extended and stable, then slowly lower your leg without letting your hips drop. Option 2) Single Leg Glute Bridge: 10 Reps each leg Pro Tip: To maximize the effectiveness of the single-leg glute bridge, focus on keeping your hips square and level throughout the movement. Keep the planted foot flat on the ground, driving through your heel to push your hips up, and avoid letting your lower back arch excessively. This will help you target the glutes and hamstrings more effectively while minimizing strain on your lower back. If needed, perform the movement with your hands on your hips to monitor if they shift or twist during the movement. B3) Choose One of Two Options: Option 1) Push-Back to Plank (1-20-1 Method) 1st Rep – 10-Second Hold: Begin in a plank position, squeezing your glutes and quads as hard as possible while maintaining level hips and a neutral spine. 20 Dynamic Reps: Shift your weight back, bending at the knees while keeping a flat back. Perform 10 smooth, controlled reps, staying engaged through your glutes. Final Rep – 10-Second Hold: End with another 10-second plank hold, squeezing your glutes and maintaining tension. Option 2) Wall Sit: 60 Second Hold Pro Tip: Keep your feet flat on the floor and don’t let your knees cave in—focus on squeezing your glutes and quads to maintain stability. Focus on quality over quantity and choose options that challenge your strength, stability, and control. Station C: In this station, you’ll perform Exercises C1, and C2 back-to-back with little to no rest. After finishing C2, rest for 90-120 seconds before starting the next round. Complete a total of 3 rounds. C1) Bodyweight Split Squat: 10 reps each leg using the 1.5 Rep Scheme To perform a 1.5 rep split squat starting from the bottom position, follow these steps: Start in the Bottom Position: Begin by kneeling on the floor with one knee down and the other foot in front. Your front knee should form a 90-degree angle, and your back knee should be hovering just above the ground, with your body upright. Full Ascent: From the bottom position, push through your front heel and rise all the way up to a standing position. Full Return to Bottom: Lower yourself all the way back down to the bottom position (where your back knee is hovering just above the floor). Halfway Up: From the bottom, rise halfway up (so your front leg is about halfway extended), then lower yourself back down to the bottom position. Complete the Rep: Push through your front heel to rise all the way back up to the starting position. This completes one full 1.5 rep. Key Points: Control the movement throughout, especially when lowering yourself down and when coming back up to avoid any momentum. It's not about "bouncing" through the half rep, but slowly shifting in and out of that range of motion with control. This method increases time under tension and helps target your quads, glutes, and hamstrings more effectively. C2) Hands Elevated Push-ups: 12-15 reps Pro Tip: The higher the surface you place your hands on, the easier the movement will be. We want to find a high that we can do the Full Range of Motion in. The goal is to bring your sternum (the bony part of your chest) to lightly tap the surface. You can use a couch, coffee table, or the edge of your stairs to find new challenging heights. Once you can complete 3 sets of 15 reps comfortably, lower the surface by 3-5 inches and work your way back up.

###### **ChatGPT said:**

**Week 4 Goals:**

**Station A: Balance and Skill Work** *Focus:* Improve balance stability and control, especially with increasing duration and complexity in the movements.

* **A1) High Knee Step-ups:** Increase reps to 15 per leg. Focus on using minimal assistance as you raise and lower your body, especially on the descent. The goal is to rely more on your leg strength rather than external support.
* **A2) Single Leg Balance:** Hold for 60 seconds. Gradually reduce reliance on "touch points" for stability. Push for greater range of motion while maintaining control throughout the movement. Aim for fewer "points" (times you need to use your hand or foot to regain balance) by focusing on slow, deliberate movements.  
   **Goal:** Challenge yourself to complete each rep with minimal assistance and improve the range of motion over the course of the week.

**Station B: Stability and Strength** *Focus:* Increase strength and endurance in the glutes, core, and shoulders while enhancing control over the movements.

* **B1) Side Plank Progressions:** Continue with 3 reps and 20-second holds. Aim to select a more challenging variation from the playlist, ensuring you maintain form and control throughout. Strive for more stabilization and engagement in the core and shoulders.
* **B2) Glute Bridge Marching (Option 1)** or **Single Leg Glute Bridge (Option 2):**
  + For Glute Bridge Marching: Complete 45 seconds of continuous work. Focus on maintaining hip stability and control with each march. Don’t allow your pelvis to drop as you alternate legs.
  + For Single Leg Glute Bridge: Complete 10 reps per leg. Focus on keeping your hips square and steady. Work on controlling your pelvis and avoiding excessive back arching.
* **B3) Push-Back to Plank (Option 1)** or **Wall Sit (Option 2):**
  + If doing Push-Back to Plank, perform 1st and final 10-second holds, aiming for 20 dynamic reps with controlled, smooth movements. Keep glutes and quads engaged throughout, focusing on a consistent pace.
  + If doing Wall Sit, hold for 60 seconds. Focus on squeezing the glutes and quads while maintaining a solid, steady posture with no knee cave-in.

**Goal:** By the end of Week 4, you should feel increased strength and stability, particularly in the glutes and core. Push for more reps or longer holds without sacrificing form.

**Station C: Strength and Endurance** *Focus:* Improve leg strength and push-up capacity, while refining technique and range of motion.

* **C1) Bodyweight Split Squat (1.5 Rep Scheme):** Complete 10 reps per leg using the 1.5 rep scheme. Focus on maintaining a slow, controlled motion with each half rep. Increase the time under tension to better target the glutes, quads, and hamstrings. Ensure that you fully return to the starting position

##### **You said:**

Make the goals into a condensed bit of text at the beginning

###### **ChatGPT said:**

**Week 4 Goals:**

This week, focus on improving balance stability, strength, and control. Aim to perform each movement with minimal assistance, especially in the balance challenges. Increase your range of motion and work on holding positions for longer durations. For Station A, focus on reducing the need for touch points and improving your single-leg balance. In Station B, push for more reps or longer holds, and continue targeting glutes, core, and shoulder stability. For Station C, enhance your leg strength and push-up capacity, ensuring controlled movements and full range of motion. By the end of the week, you should feel stronger, more stable, and more confident in your movements.

It sounds like you're working hard, which is awesome! Since you’ve been running the workout for two weeks and finishing with an RPE of 8-9/10, you’re in a great spot to consider progression. Here are some recommendations moving forward:

### **1. Assess Your Progress**

* **Performance**: If you’ve been able to complete the workouts with good form and haven’t hit a plateau, this is a sign that you're ready for progression.
* **Recovery**: Evaluate how you’re feeling between workouts. If you're recovering well (not too sore, no fatigue), your body is likely ready for more.

### **2. Apply Progressive Overload**

Since your RPE is already high, consider

##### **You said:**

I've been running this workout for two weeks, Im going into my third week, should I progress this? Last week when I did this workout, I would say I finished at roughly an 8-9/10 RPE scale. Do you have any recommendations moving forward?: Interval Set 1: 5 minutes at Zone 3 (70-80) Recovery 1: 2 minutes at Zone 2 (60-70) Interval Set 2: 4 minutes at Zone 4 (80-90) Recovery 2: 3 minutes at Zone 2 (60-70) Interval Set 3: 3 minutes at Zone 4 (80-90) Recovery 3: 4 minutes at Zone 1 (50-60) Interval Set 4: 1 minute at Zone 5 (90-100) Cool-Down: 5 minutes

###### **ChatGPT said:**

It sounds like you’ve been pushing yourself with this interval workout, and since you're finishing at an 8-9/10 RPE, it's a good time to think about progressing.

Here are some recommendations for progression in your third week:

### **1. Increase Interval Duration**

* You can extend the duration of your intervals slightly to keep challenging your cardiovascular system. For example:  
  + Interval Set 1: Increase to **6 minutes** at Zone 3.
  + Interval Set 2: Increase to **5 minutes** at Zone 4.
  + Interval Set 3: Increase to **4 minutes** at Zone 4.
  + Interval Set 4: Keep at 1 minute in Zone 5 but aim to push intensity slightly more if possible.

### **2. Shorten Recovery Time**

* Gradually reducing your recovery times will increase the intensity. For example:  
  + Recovery 1: Reduce to **1 minute** at Zone 2.
  + Recovery 2: Reduce to **2 minutes** at Zone 2.
  + Recovery 3: Reduce to **3 minutes** at Zone 1.

### **3. Increase Intensity (if applicable)**

* Since you’re already working at high RPE levels, increasing the intensity of Zone 4 or Zone 5 work might be another progression, but only if you're ready and recovering well.

### **4. Monitor Recovery**

* As you increase the challenge, pay close attention to how your body feels. If you start feeling overly fatigued or your performance dips, adjust back to allow for better recovery.

### **5. Stick with the Current Plan for Progression**

* If you're still finding it hard to finish the workout, you might stick with the current routine and focus on getting more comfortable before progressing further.

### **Example Progression:**

plaintext

CopyEdit

Interval Set 1: 6 minutes at Zone 3 (70-80)

Recovery 1: 1 minute at Zone 2 (60-70)

Interval Set 2: 5 minutes at Zone 4 (80-90)

Recovery 2: 2 minutes at Zone 2 (60-70)

Interval Set 3: 4 minutes at Zone 4 (80-90)

Recovery 3: 3 minutes at Zone 1 (50-60)

Interval Set 4: 1 minute at Zone 5 (90-100)

Cool-Down: 5 minutes

Progress gradually and keep listening to your body!

##### **You said:**

What if I did this: Interval Set 1: 6 minutes at Zone 3 (70-80) Recovery 1: 1 minute at Zone 2 (60-70) Interval Set 2: 5 minutes at Zone 3 (70-80) Recovery 2: 2 minutes at Zone 2 (60-70) Interval Set 3: 4 minutes at Zone 4 (80-90) Recovery 3: 3 minutes at Zone 1 (50-60) Interval Set 4: 1 minute at Zone 5 (90-100) Cool-Down: 5 minutes

###### **ChatGPT said:**

Your proposed progression looks like a smart move! Here's a breakdown of how this change affects your workout and my thoughts:

### **Adjustments You Made:**

* **Increased Interval Duration in Zone 3:** Extending the first interval to 6 minutes and adding a second 5-minute Zone 3 interval will help build endurance.
* **Maintained Recovery Periods:** Keeping the recovery short, especially after longer intervals, will challenge your ability to recover faster and prepare for the next set.
* **Maintained High-Intensity Intervals in Zone 4 & Zone 5:** This maintains the intensity spikes necessary to keep building speed and cardiovascular capacity.

### **How This Benefits You:**

* **Improved Aerobic Endurance:** Adding more time in Zone 3 works on your aerobic endurance, helping to sustain effort over longer periods.
* **Gradual Build to Higher Intensity:** With the 6-minute and 5-minute Zone 3 intervals followed by Zone 4 and Zone 5 bursts, you're creating a steady increase in intensity. This will push your body without overwhelming it too early in the workout.
* **Slightly Shorter Recovery:** By cutting the first recovery to 1 minute, you're challenging yourself to bounce back quicker while still giving adequate rest before the intense Zone 4 and 5 efforts.

### **My Recommendation:**

* **Try It!** This progression looks well thought-out and aligns with your goal of pushing past an 8-9 RPE while still being sustainable. It's a great balance of endurance and intensity.

Just keep an eye on how you're feeling during the workout and afterward in terms of recovery. If it feels too intense after a couple of sessions, you could consider adjusting recovery times or re-evaluating your RPE levels during the workout. But overall, this is a solid progression!

Your content is informative and clear, but I think a few tweaks could make it flow better and enhance readability. Here’s an edited version:

When it comes to training, getting stronger, building muscle, and making progress in the gym, there's one key concept you need to grasp: Progressive Overload.

Progressive overload is a fundamental training principle that involves gradually increasing the intensity, volume, or difficulty of exercises to continuously challenge your body. This stimulates muscle growth, improves strength, and enhances overall fitness. Simply put, it means making your workouts a little harder over time.

You should avoid reaching a point where an exercise feels "easy." If it does, it’s likely a sign that you’re not pushing hard enough, and it’s time to increase the challenge. This can be done in several ways, such as increasing the weight lifted, the number of repetitions or sets, the duration of your workout, or even the complexity of the exercises—and that’s just scratching the surface.

The goal is to ensure that exercises remain challenging but not so difficult that you compromise your form or can't complete your target rep range.

I adjusted some phrasing to improve clarity, tightened up the wording to make it more concise, and smoothed transitions between ideas. Let me know what you think!

##### **You said:**

Okay, so here is ALL of the content that I am looking to put into this digital download. We want to keep the offering around $10-15 dollars so we may have to make cuts, and edits. However, I am wanting to highlight the importance of Measuring and tracking the intensity of your workouts, and exercises. And to touch on the topic of Double Progression. We can probably do without the Tempo sections, but there is some merit there. However, let me see what you can do with this: How do I know when I'm ready to add weight? "Double Progression" and "Rep Ranges" This is where we will discuss the method of "Double Progression" and "Rep Ranges". Double Progression is the gold-standard method of progression that tracks two variables: Intensity (how hard you are working) and Volume (Total Amount of work done). A Rep stands for Repetition, and represents the number of times you will preform a movement for a specific exercise. A Rep Range is a target of Reps you want to be aiming to stay within. Now all the rep-ranges will be programmed in for you, and most of the time we will be working in-between the range of 6-8 reps, 8-10 or 10-12 reps. There are other rep ranges and rep schemes out there, but for the purposes of this program we will be staying within these ranges for the majority of the time. To understand when it's time to make a jump in weight let's talk about the Upper and Lower Limits of these rep ranges. For our example, let's use the Rep Range 6-8 reps (6 being the lower limit, and 8 being the Upper limit). You might be thinking "6-8 reps seems pretty low Spenser." You'd be right, however that's where the beauty of RPE and RIR (which we will discuss in a moment) comes into play. Generally speaking, the number of reps in a range isn't as important to muscle growth as the level of intensity at which those reps are performed. We want to be working with weights that provide a challenge while staying within these rep ranges, and not outside of them. Let's take a look at what the science has to say about Rep-ranges. In a comprehensive review performed by the American College of Sports Medicine they found: ﻿ "For novice (untrained individuals with no Resistance training experience or who have not trained for several years) training, it is recommended that loads correspond to a repetition range of an 8-12 repetition maximum (RM). For intermediate (individuals with approximately 6 months of consistent RT experience) to advanced (individuals with years of RT experience) training, it is recommended that individuals use a wider loading range from 1 to 12 RM in a periodized fashion with eventual emphasis on heavy loading (1-6 RM)." Stand, P. (2011). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults.. Medicine and science in sports and exercise, 41 3, 687-708 . https://doi.org/10.1249/MSS.0b013e3181915670. ﻿ As you can see, all rep ranges can be useful and utilized for gains in both muscle growth and muscle performance, they just need to be met with the right level of intensity. If you pick a weight that you can only do 4 reps of (0 RIR, 10 RPE), you will be outside the Lower limit of rep range. That means the weight is too heavy and you need to back off 5-10lbs. On the other hand, if you are working with a weight that you can do 3-5+ reps past the Upper Limit (5 RIR, 4/5 RPE) then the weight is too light and you should aim to raise the weight 5-10lbs for the next set. Once you reach the Upper Limit of the rep range with a given weight for even one set, you can think of that as "leveling up", and it's time to tackle the next challenge. When you make a jump in weight during a workout, you can typically expect to get close to the Lower-limit of your rep range during your next attempt. Let's take a look some examples for more clarity. Example: Let's use Squats as our example exercise and 6-8 reps as our example rep range. In the program it will look something like this: Week 1 Goblet Squat 3 Sets 6-8 Reps Weight- 25lbs Set 1 7 Reps 25lbs Set 2 8 Reps 25lbs Set 3 6 Reps 35lbs As you can see, in set number 1, you completed a set of 7 reps with 25lbs (8/9 RPE, 1-2 RIR). This is within our rep range. So you would maintain the current weight you are working with. Then for set number two, you completed 8 Reps with 25lbs (RPE 8/9, 1-2 RIR). You completed the Upper Limit. It's now time to level up and move up in weight. For set number three, you added 10lbs to your lift, but were only able to complete 6 reps (RPE 9/10, 0-1 RIR). This may be the lower limit, but you still are within the rep range. You would then work with that weight until you could reach the upper limit. So the next time you are scheduled to do Goblet Squats it may look something like this. Week 2 Goblet Squat 3 Sets 6-8 Reps Weight- 35lbs Set 1 6 Reps 35lbs Set 2 7 Reps 35lbs Set 3 7 Reps 35lbs So in this example, as you can see, you didn't make any jumps in weight, because you did not reach the upper limit of the rep range. However, that doesn't mean that you didn't progress and get stronger compared to the previous week. You lifted more weight, for more reps than you did in the pervious week, meaning you did more total volume than the pervious week. Better is better. Let's look at one more example. Week 3 Goblet Squat 3 Sets 6-8 Reps Weight- 35lbs Set 1 8 Reps 35lbs Set 2 5 Reps 45lbs Set 3 7 Reps 40lbs Now in this example, we can see that for your first set you completed the lift at the Upper Limit of the rep range. So for set number two, you added 10lbs to your lift, but you were only able to do 5 reps, which is just outside of the Rep Range. So for your final set, you split the difference in weight and dropped 5lbs down, from which you were then able to reach 7 reps. So next time you are scheduled for Goblet Squats you would start at 40lbs, and repeat the process. How Do I know if I'm working "hard enough"? How to measure, track, and alter your intensity. Finding the right level of intensity can be a little tricky, particularly for the newer lifter. Again, we want to make sure we aren't taking it too easy, but on the other hand we don't want to be pushing so hard we can't sustain that level of output for any given rep range we are working in. Now, before we can talk about "what is the right level of intensity" Let's look at a couple of ways that we can measure and track our intensity. There are 3 important concepts and variables that you can utilize and manipulate to help you make sure you are working at the correct level of difficulty for sustainable growth. Rate of Perceived Exertion (RPE) First, I want to share one of my favorite pieces of "Data" that I track along side my reps/set/weight, and that is RPE (rate of perceived exertion). RPE is purely a subjective number you can assign to a particular workout or lift to measure how hard you feel you are working. The measurement is based upon several physical sensations that you have while working out, such as, your rate of breathing, your heart rate, how hot you feel, and simply how tired that last lift made you feel. The concept was invented by Swedish researcher Gunnar Borg in the 1960's and has gone through several re-inventions through the decades until it settled into the "1-10 scale" that we use today, and it looks like this: The Modern RPE Scale 10 Max Effort- Your all out effort. Hard to maintain this level of difficulty for longer than 20-30 seconds. Leaving you unable to speak. Your first instinct is to lay down. 9 Very Hard Activity- This is a level of intensity that is difficult to maintain for longer than 40 seconds of at a time. Leaving you unable to hold a conversation. You may look to take a knee or find a place to sit and regain your composure. 7-8 Vigorous Activity- You are short of breathe, but can speak short 1-2 sentences at a time. You may want to sit down, but can stand if needed. 4-6 Moderate Activity- Breathing becomes slightly more labored. You can maintain a short conversation. Still fairly comfortable, but you can tell you are working. 2-3 Light Activity- Something you could easily maintain for hours if needed. 1 Very light Activity- Almost nothing, but more than laying on the couch. I love using RPE because it empowers the individual to assess what's happening in their own body, on that day, in real time. We are all vastly different, and have different backgrounds and different fitness levels. What might be a 8 for one person could be someone else's 4. With RPE you can make sure you are working at a level of difficulty that matches your perspective. I typically prefer using RPE over percentages of your 1RM (1 Rep max), because most people will rarely (if ever) actually test their one rep max of a given exercise, and I am of the belief that you shouldn't base your current workout on an all-out max attempt you did months ago, presumably on your best day. Can using 1RM be useful, and do many programs use this measurement? Yes. We just won't be using it in this program. RPE may be subjective, but I prefer something that encourages the lifter to take inventory of how they are feeling on that specific day. If you have much experience exercising at higher levels of intensity you will know that somedays 'it just ain't there', and there are a lot of reasons why one day your workout can feel great, and the next day that same workout can feel impossibly hard. Things like your sleep, your hydration + nutrition, your stress levels at work or home can all play into your current level of readiness in the gym. RPE helps the lifter determine their own intensity, and as we learned previously about progressive overload, you need to systematically be working at higher and higher levels of intensity each and every workout in order to move forward. While you can use RPE to help determine your level of intensity, using it alone could be considered less than optimal, due to the subjective nature the method. Simply put, listening to your body is a skill and it can take time to calibrate. Often times people can either under estimate their RPE or vastly over estimate it. Also, the further into your workout the more fatigue will start to set in, making an exercise start to feel more difficult than it otherwise would have if you were doing it at the start of your workout. The same thing can be said for the last set of an exercise compared to the first. So we will need a slightly more objective marker to base or RPE off of. Reps in Reserve (RIR) So, let's talk about different metric that can help measure and determine our level of intensity, and that is the concept of "Reps in Reserve" (RIR). Reps in reserve is a fairly straight forward line of thinking, and it can look like this; The next time you are finishing a "Working Set" (The sets you do after your warm-up sets) I want you to ask yourself the question "If I absolutely had to, how many more reps could I have done at this weight, with good form and control?" If you answer "Probably 1 or 2 good reps left" your RIR would be 2. RIR and RPE are very similar in what they are trying to accomplish (Tracking intensity). They are somewhat interchangeable but when combined together they can help show you a more complete picture of how you are performing in the gym. You can think of RIR and RPE as bummer rails that help guide you toward the correct level of intensity for any given rep range. If you are new to tracking your weights this may take a couple of workouts with some trial and error until you find the appropriate weights for your current fitness level. The good news is, all those reps still count, and they still hold value in your training. RPE in correlation with RIR RPE RIR Level of intensity 10 0 Max Effort- It took everything you had to lift that rep, without hurting yourself. 9 1 Very intense- If pushed, you MAYBE could get the weight up, but it would be difficult. 8 2 Intense- That was hard, but you are pretty confident you had at least 1, maybe 2 more good reps. 7 3 Heavy- You could easily do 2-3 more reps, but you could tell it was starting to get harder. 6 4 Do-able- "This was pretty easy." 4-5 5-6 Warm-up Sets- "Very easy, feels like practice." 1-3 7-9 Very light- "I could do this all day" 0 10 Resting- "I'm just looking at the weights." So, now that we have the metrics to which we can measure our intensity, let's answer the question of "what level of intensity should I be working at?" (Remember when I said this stuff was nuanced?). Typically speaking, you want the majority of your "Working Sets" to land somewhere in the 7-8 RPE (2-3 RIR) with your last set of a particular movement around 8-9 RPE (1-2 RIR). Notice how I didn't mention a 10 on the RPE scale or 0 RIR? Rarely will you ever need to go all the way to total failure. For the majority of your sets you should always be saving 1-2 quality reps in the tank. ﻿ The main reasoning behind this is almost entirely safety. As fatigue sets in and increases throughout the workout, the more room for error and instability there becomes. As you increase the risk of error and instability, you also increase the risk of injury. You will never truly be able to lower the risk of injury in the gym to zero, but there are plenty of ways to mitigate much of that risk by following a few 'best practices'. You want to always ensure that you can safely move and control the weight at the end of your set. Your set isn't over until you safely put the weight down. ﻿ You might find that your final set on most exercises will FEEL difficult and closer to a 9 RPE, which is fine, you just don't want every single set to feel that way. Working at the extremes of you capacity for every set just isn't necessary when it comes to getting stronger and can even hinder your progress. Remember we are looking for the Minimum Effective Dose.

###### **ChatGPT said:**

This looks like a highly detailed and valuable educational piece for your digital download. To keep the offering within the $10-15 price range, we can maintain its depth while focusing on the key sections that bring the most value. Here's how we could condense it while retaining critical concepts:

### **1. Double Progression and Rep Ranges:**

* **Keep:** The explanation of double progression, rep ranges, and the significance of balancing intensity and volume. This is a core principle and is essential for understanding how to gauge progress in weightlifting.
* **Edit/Condense:**
  + Remove some of the in-depth rep-range science references. Instead, offer a more streamlined explanation (e.g., “Research supports various rep ranges for different training levels, but intensity is key.”). Keep the example of 6-8 reps, as it's easy for beginners to grasp.
  + **Example sections** (Weeks 1-3): Keep one detailed example of progression instead of multiple. This would reduce repetition but still demonstrate how to progress.

### **2. How Do I Know If I'm Working Hard Enough?**

* **Keep:** The importance of tracking intensity, the Rate of Perceived Exertion (RPE), and Reps in Reserve (RIR). These concepts empower the individual and are crucial for progression.
* **Edit/Condense:**
  + Keep the RPE scale but simplify the language (e.g., "At RPE 7-8, you can speak in short sentences; at RPE 9, you're too tired to talk.").
  + Keep the explanation of RIR and how to assess it, but combine the RPE and RIR sections into one for simplicity. Highlight how both work together to measure intensity.

### **3. Double Progression Examples:**

* **Keep:** At least one clear example to help visualize progression (e.g., Week 1 to Week 2, then Week 3 as an option).
* **Edit:** Cut the extended examples for Week 3 unless there's space. The first two weeks show the principle in action clearly enough.

### **4. Tempo and Other Advanced Variables:**

* Since you mentioned being open to cutting the **tempo** section, you could remove it entirely unless there’s specific importance for your audience. It might not add substantial value compared to progression and intensity tracking.

### **5. Additional Cuts to Consider:**

* The scientific reference to the American College of Sports Medicine could be summarized instead of quoted in full, cutting back on less essential details.
* The in-depth explanation of how life factors (like sleep and hydration) affect RPE can be reduced. A brief mention, tying it into workout performance, might suffice.

### **6. Optional Additions/Alterations:**

* Include **visual aids** (charts for RPE/RIR or example workouts) to reduce word count and add more value to the digital download. These could also make the concept clearer without taking up too much space.

### **Final Structure:**

* **Section 1:** Introduction to Double Progression and Rep Ranges (condensed)
* **Section 2:** How to Measure Intensity (RPE and RIR combined)
* **Section 3:** Clear Examples of Progression (one or two)
* **Section 4 (Optional):** Bonus tips on tracking workouts (if needed to fill space)

By condensing it this way, you'll retain the critical educational points while keeping the offering concise, clear, and highly actionable for your customers.

Would you like help trimming any specific parts further or simplifying language to fit this price range?

##### **You said:**

Help me edit this piece of writing for a the content we talked about. Keep it educations, clear, and easy to understand, while keeping it somewhat conversational: "Double Progression" and "Rep Ranges" This is where we will discuss the method of "Double Progression" and "Rep Ranges". Double Progression is the gold-standard method of progression that tracks two variables: Intensity (how hard you are working) and Volume (Total Amount of work done). A Rep stands for Repetition, and represents the number of times you will preform a movement for a specific exercise. A Rep Range is a target of Reps you want to be aiming to stay within. Now all the rep-ranges will be programmed in for you, and most of the time we will be working in-between the range of 6-8 reps, 8-10 or 10-12 reps. There are other rep ranges and rep schemes out there, but for the purposes of this program we will be staying within these ranges for the majority of the time. To understand when it's time to make a jump in weight let's talk about the Upper and Lower Limits of these rep ranges. For our example, let's use the Rep Range 6-8 reps (6 being the lower limit, and 8 being the Upper limit). You might be thinking "6-8 reps seems pretty low Spenser." You'd be right, however that's where the beauty of RPE and RIR (which we will discuss in a moment) comes into play. Generally speaking, the number of reps in a range isn't as important to muscle growth as the level of intensity at which those reps are performed. We want to be working with weights that provide a challenge while staying within these rep ranges, and not outside of them. Let's take a look at what the science has to say about Rep-ranges. In a comprehensive review performed by the American College of Sports Medicine they found: ﻿ "For novice (untrained individuals with no Resistance training experience or who have not trained for several years) training, it is recommended that loads correspond to a repetition range of an 8-12 repetition maximum (RM). For intermediate (individuals with approximately 6 months of consistent RT experience) to advanced (individuals with years of RT experience) training, it is recommended that individuals use a wider loading range from 1 to 12 RM in a periodized fashion with eventual emphasis on heavy loading (1-6 RM)." Stand, P. (2011). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults.. Medicine and science in sports and exercise, 41 3, 687-708 . https://doi.org/10.1249/MSS.0b013e3181915670. ﻿ As you can see, all rep ranges can be useful and utilized for gains in both muscle growth and muscle performance, they just need to be met with the right level of intensity. If you pick a weight that you can only do 4 reps of (0 RIR, 10 RPE), you will be outside the Lower limit of rep range. That means the weight is too heavy and you need to back off 5-10lbs. On the other hand, if you are working with a weight that you can do 3-5+ reps past the Upper Limit (5 RIR, 4/5 RPE) then the weight is too light and you should aim to raise the weight 5-10lbs for the next set. Once you reach the Upper Limit of the rep range with a given weight for even one set, you can think of that as "leveling up", and it's time to tackle the next challenge. When you make a jump in weight during a workout, you can typically expect to get close to the Lower-limit of your rep range during your next attempt. Let's take a look some examples for more clarity.

###### **ChatGPT said:**

Here’s an edited version that maintains clarity and keeps the tone educational and conversational:

### **Double Progression and Rep Ranges**

In this section, we’ll explore the concept of "Double Progression" and how it relates to "Rep Ranges." Double Progression is a reliable method of tracking progress that focuses on two key variables: **intensity** (how hard you're working) and **volume** (the total amount of work you do).

To break it down, a **rep** (short for repetition) refers to the number of times you perform a specific movement in an exercise. A **rep range** sets a target number of reps to aim for during each set. In this program, the rep ranges are already set for you, typically between 6-8, 8-10, or 10-12 reps. While there are other rep schemes, we’ll stick to these for the majority of the time.

#### **Understanding Upper and Lower Limits in Rep Ranges**

Let's focus on the upper and lower limits of a rep range using 6-8 reps as an example (6 being the lower limit, and 8 the upper limit). You might wonder, "Spenser, isn’t 6-8 reps pretty low?" And you’d be right to question that, but this is where **RPE** (Rate of Perceived Exertion) and **RIR** (Reps in Reserve) come into play, which we’ll cover shortly. What’s crucial to understand is that the number of reps alone isn't as important for muscle growth as how intense those reps are. The goal is to work with weights that challenge you while staying within your rep range, not outside of it.

#### **The Science Behind Rep Ranges**

Let’s look at what research has to say. According to a review by the American College of Sports Medicine:

"For novice individuals (those with little or no experience in resistance training), it’s recommended to work within an 8-12 repetition range (RM). For intermediate to advanced individuals, a broader range of 1-12 RM can be used, with a focus on heavier weights (1-6 RM) as they progress."

(Source: Stand, P. (2011). *American College of Sports Medicine position stand. Progression models in resistance training for healthy adults.* Medicine and Science in Sports and Exercise, 41(3), 687-708.<https://doi.org/10.1249/MSS.0b013e3181915670>.)

So, all rep ranges can be effective for both muscle growth and strength gains, as long as you’re pushing yourself with the right level of intensity.

#### **Adjusting Weights Based on Rep Ranges**

Here’s how to know when to adjust the weight. If you’re working in a 6-8 rep range but can only manage 4 reps at max effort (0 RIR, 10 RPE), that means the weight is too heavy—you’ll need to drop 5-10 lbs. On the other hand, if you can easily perform more than 8 reps, say 12-13 (5 RIR, 4-5 RPE), then the weight is too light. In this case, increase the weight by 5-10 lbs for the next set.

Once you hit the upper limit of your rep range (e.g., 8 reps in the 6-8 range) for even one set, it's time to increase the weight—think of it as "leveling up." After making a jump in weight, you’ll likely land closer to the lower end of the rep range during your next attempt, which is perfectly fine.

Let’s go over some examples to make this clearer.

This version keeps the explanations straightforward and conversational, while emphasizing key points in a way that’s easy to follow.

##### **You said:**

Help me reword this for this download: However, in this digital download, I want to go over in more detail on how to track your progressive effectively, and the nuance of how to track the intensity of your workouts.

###### **ChatGPT said:**

Here’s a reworded version for the download:

"In this digital download, I'll dive deeper into how to effectively track your progress and provide insights on measuring the intensity of your workouts with more precision."

##### **You said:**

"you intensity and other training varible

###### **ChatGPT said:**

"In this digital download, I'll dive deeper into how to effectively track your progress and provide insights on measuring your intensity and other key training variables."

##### **You said:**

"For novice (untrained individuals with no Resistance training experience or who have not trained for several years) training, it is recommended that loads correspond to a repetition range of an 8-12 repetition maximum (RM). For intermediate (individuals with approximately 6 months of consistent RT experience) to advanced (individuals with years of RT experience) training, it is recommended that individuals use a wider loading range from 1 to 12 RM in a periodized fashion with eventual emphasis on heavy loading (1-6 RM)." Stand, P. (2011). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults.. Medicine and science in sports and exercise, 41 3, 687-708 . https://doi.org/10.1249/MSS.0b013e3181915670. ﻿ As you can see, all rep ranges can be useful and utilized for gains in both muscle growth and muscle performance, they just need to be met with the right level of intensity. If you pick a weight that you can only do 4 reps of (0 RIR, 10 RPE), you will be outside the Lower limit of rep range. That means the weight is too heavy and you need to back off 5-10lbs. On the other hand, if you are working with a weight that you can do 3-5+ reps past the Upper Limit (5 RIR, 4/5 RPE) then the weight is too light and you should aim to raise the weight 5-10lbs for the next set. Once you reach the Upper Limit of the rep range with a given weight for even one set, you can think of that as "leveling up", and it's time to tackle the next challenge. When you make a jump in weight during a workout, you can typically expect to get close to the Lower-limit of your rep range during your next attempt. Let's take a look some examples for more clarity.

###### **ChatGPT said:**

For novice trainees (those with no resistance training experience or who haven’t trained in several years), it's generally recommended to work within a rep range of 8-12 reps (repetition maximum, or RM). For more experienced trainees, whether intermediate (roughly 6 months of consistent training) or advanced (years of experience), a wider range of 1-12 reps is effective when used in a periodized way, with a focus on heavier loads in the 1-6 rep range.

**Reference:** Stand, P. (2011). American College of Sports Medicine position stand. *Progression models in resistance training for healthy adults.* Medicine and Science in Sports and Exercise, 41(3), 687-708.<https://doi.org/10.1249/MSS.0b013e3181915670>.

As you can see, different rep ranges can lead to muscle growth and performance improvements, but the key is ensuring you hit the right intensity within those ranges.

Here’s how you can apply this in practice:

* If you're only able to perform 4 reps with a given weight (0 RIR, 10 RPE), it's outside the rep range, meaning the weight is too heavy. Try reducing it by 5-10 lbs.
* If you can comfortably perform 3-5+ reps beyond your upper limit (5 RIR, 4-5 RPE), the weight is too light, and you should aim to increase it by 5-10 lbs in your next set.

Once you reach the upper limit of your rep range (e.g., 8 reps for a 6-8 range), you’ve “leveled up” and are ready to increase the weight. When you do increase, you’ll likely hit the lower end of your rep range in the next set.

Let’s go over some examples to make this clearer.

##### **You said:**

Remember, you can do this with ANY rep range, the same concept applies to 10-12 reps

###### **ChatGPT said:**

Remember, you can apply this concept to **any** rep range, whether it's 6-8, 8-10, or 10-12 reps. The same progression rules apply: once you hit the upper limit of the range with good form, it’s time to increase the weight. You’ll likely start at the lower end of the range after increasing the load, but with consistent effort, you'll build strength and endurance over time.

##### **You said:**

Example: Let's use Squats as our example exercise and 6-8 reps as our example rep range. In the program it will look something like this: Week 1 Goblet Squat 3 Sets 6-8 Reps Weight- 25lbs Set 1 7 Reps 25lbs Set 2 8 Reps 25lbs Set 3 6 Reps 35lbs As you can see, in set number 1, you completed a set of 7 reps with 25lbs (8/9 RPE, 1-2 RIR). This is within our rep range. So you would maintain the current weight you are working with. Then for set number two, you completed 8 Reps with 25lbs (RPE 8/9, 1-2 RIR). You completed the Upper Limit. It's now time to level up and move up in weight. For set number three, you added 10lbs to your lift, but were only able to complete 6 reps (RPE 9/10, 0-1 RIR). This may be the lower limit, but you still are within the rep range. You would then work with that weight until you could reach the upper limit. So the next time you are scheduled to do Goblet Squats it may look something like this.

###### **ChatGPT said:**

Certainly! Here's the reworded example with clarity and detail:

**Example:**

Let’s use Goblet Squats with a rep range of 6-8 reps as our example exercise. Here’s how it might look in your program:

**Week 1**

* **Goblet Squat**
* **3 Sets**
* **6-8 Reps**
* **Weight:** 25 lbs

**Set 1:**

* **Reps:** 7
* **Weight:** 25 lbs
* **RPE:** 8/9
* **RIR:** 1-2

**Set 2:**

* **Reps:** 8
* **Weight:** 25 lbs
* **RPE:** 8/9
* **RIR:** 1-2

**Set 3:**

* **Reps:** 6
* **Weight:** 35 lbs
* **RPE:** 9/10
* **RIR:** 0-1

In this example, during **Set 1**, you completed 7 reps with 25 lbs, which is within the 6-8 rep range (RPE 8/9, RIR 1-2). This means you should maintain the weight for future sets.

In **Set 2**, you managed 8 reps with 25 lbs, hitting the upper limit of the range (RPE 8/9, RIR 1-2). Since you’ve reached the upper limit, it’s time to increase the weight.

In **Set 3**, you added 10 lbs to the lift but could only complete 6 reps (RPE 9/10, RIR 0-1). Although this is the lower limit of the rep range, you’re still within the 6-8 rep range. Work with this new weight until you can reach the upper limit again.

So, the next time you perform Goblet Squats, it might look something like this:

* **Goblet Squat**
* **3 Sets**
* **6-8 Reps**
* **Weight:** 35 lbs

**Set 1:**

* **Reps:** [New Reps]
* **Weight:** 35 lbs

**Set 2:**

* **Reps:** [New Reps]
* **Weight:** 35 lbs

**Set 3:**

* **Reps:** [New Reps]
* **Weight:** 35 lbs

The goal is to gradually progress and increase the weight while staying within the rep range until you reach the upper limit.

##### **You said:**

As you can see, in set number 1, you completed a set of 7 reps with 25lbs (8/9 RPE, 1-2 RIR). This is within our rep range. So you would maintain the current weight you are working with. Then for set number two, you completed 8 Reps with 25lbs (RPE 8/9, 1-2 RIR). You completed the Upper Limit. It's now time to level up and move up in weight. For set number three, you added 10lbs to your lift, but were only able to complete 6 reps (RPE 9/10, 0-1 RIR). This may be the lower limit, but you still are within the rep range. You would then work with that weight until you could reach the upper limit. So the next time you are scheduled to do Goblet Squats it may look something like this.

###### **ChatGPT said:**

Here’s the revised version of the explanation:

In **Set 1**, you completed 7 reps with 25 lbs, achieving an RPE of 8/9 and an RIR of 1-2. This is within the 6-8 rep range, so you would stick with this weight for now.

In **Set 2**, you performed 8 reps with 25 lbs, reaching the upper limit of the rep range (RPE 8/9, RIR 1-2). Since you’ve hit the upper end of the range, it’s time to increase the weight.

In **Set 3**, you increased the weight to 35 lbs but only managed 6 reps, with an RPE of 9/10 and an RIR of 0-1. While this is at the lower end of the rep range, you’re still within it. Continue using this new weight until you can achieve the upper limit of the rep range consistently.

So, for your next Goblet Squat session, you might see:

* **Goblet Squat**
* **3 Sets**
* **6-8 Reps**
* **Weight:** 35 lbs

The goal is to work with the new weight until you can reach the upper limit of the rep range, then adjust accordingly as you progress.

##### **You said:**

So in this example, as you can see, you didn't make any jumps in weight, because you did not reach the upper limit of the rep range. However, that doesn't mean that you didn't progress and get stronger compared to the previous week. You lifted more weight, for more reps than you did in the pervious week, meaning you did more total volume than the pervious week. Better is better.

###### **ChatGPT said:**

In this example, you didn’t increase the weight because you didn’t reach the upper limit of the rep range. However, that doesn’t mean you didn’t make progress. By lifting a heavier weight and performing more reps compared to the previous week, you increased your total volume. Remember, improving your performance with more volume and intensity is progress. Better is better!

##### **You said:**

Make it slightly more impactful

###### **ChatGPT said:**

In this example, you didn't increase the weight because you didn't hit the upper limit of the rep range. But that doesn’t mean you didn’t make strides. By lifting heavier and doing more reps than the previous week, you increased your total volume. This is a significant achievement. Progress isn’t just about changing weights—it's about improving your performance and pushing your limits. Better is better, and every bit of progress counts!

##### **You said:**

How Do I know if I'm working "hard enough"? How to measure, track, and alter your intensity. Finding the right level of intensity can be a little tricky, particularly for the newer lifter. Again, we want to make sure we aren't taking it too easy, but on the other hand we don't want to be pushing so hard we can't sustain that level of output for any given rep range we are working in. Now, before we can talk about "what is the right level of intensity" Let's look at a couple of ways that we can measure and track our intensity. There are 3 important concepts and variables that you can utilize and manipulate to help you make sure you are working at the correct level of difficulty for sustainable growth.

###### **ChatGPT said:**

**How Do I Know If I'm Working "Hard Enough"?**

**Measuring, Tracking, and Adjusting Your Intensity**

Determining the right intensity for your workouts can be challenging, especially if you’re new to lifting. You want to strike a balance—pushing yourself enough to make progress, but not so hard that you can’t maintain it consistently. To help you gauge and adjust your intensity effectively, here are three key concepts to consider:

1. **Rate of Perceived Exertion (RPE):** This is a subjective measure of how hard you feel you’re working. On a scale from 1 to 10, where 1 is extremely easy and 10 is maximum effort, aim to work at an intensity level that feels challenging but manageable. For muscle growth, you generally want to target an RPE of 7-9, meaning you’re working hard but still have a few reps left in the tank.
2. **Repetitions in Reserve (RIR):** This concept complements RPE by focusing on how many more reps you could perform before failure. For effective training, aim for a range where you have about 1-3 reps left in reserve. This ensures you’re working hard enough to stimulate growth without overdoing it.
3. **Volume and Progression:** Track your total volume (sets × reps × weight) and look for progressive overload. If you’re consistently increasing your volume or weight over time, you’re likely working at the right intensity. If progress stalls, it might be time to adjust your approach.

By understanding and applying these concepts, you can better assess and adjust your workout intensity to ensure you're making sustainable progress and maximizing your results.

##### **You said:**

Rate of Perceived Exertion (RPE) First, I want to share one of my favorite pieces of "Data" that I track along side my reps/set/weight, and that is RPE (rate of perceived exertion). RPE is purely a subjective number you can assign to a particular workout or lift to measure how hard you feel you are working. The measurement is based upon several physical sensations that you have while working out, such as, your rate of breathing, your heart rate, how hot you feel, and simply how tired that last lift made you feel. The concept was invented by Swedish researcher Gunnar Borg in the 1960's and has gone through several re-inventions through the decades until it settled into the "1-10 scale" that we use today, and it looks like this:

1/2

###### **ChatGPT said:**

**Rate of Perceived Exertion (RPE)**

One of my favorite metrics to track alongside reps, sets, and weight is RPE, or Rate of Perceived Exertion. RPE is a subjective scale that helps you gauge how hard you feel you are working during a workout. It takes into account various physical sensations such as your breathing rate, heart rate, how hot you feel, and how exhausted you are after a lift.

Originally developed by Swedish researcher Gunnar Borg in the 1960s, the RPE scale has evolved over the years and is now commonly used as a “1-10 scale.” Here’s how it generally breaks down:

* **1-2:** Very light effort; easy and comfortable
* **3-4:** Moderate effort; still relatively easy
* **5-6:** Challenging; you’re working hard but can sustain it
* **7-8:** Very hard; close to your limit, but you can keep going
* **9:** Extremely hard; almost at failure
* **10:** Maximum effort; you can’t do any more

By using the RPE scale, you can more accurately gauge the intensity of your workouts and adjust your training to ensure you’re working hard enough to make progress without overdoing it.

##### **You said:**

I love using RPE because it empowers the individual to assess what's happening in their own body, on that day, in real time. We are all vastly different, and have different backgrounds and different fitness levels. What might be a 8 for one person could be someone else's 4. With RPE you can make sure you are working at a level of difficulty that matches your perspective. I typically prefer using RPE over percentages of your 1RM (1 Rep max), because most people will rarely (if ever) actually test their one rep max of a given exercise, and I am of the belief that you shouldn't base your current workout on an all-out max attempt you did months ago, presumably on your best day. Can using 1RM be useful, and do many programs use this measurement? Yes. We just won't be using it in this program. RPE may be subjective, but I prefer something that encourages the lifter to take inventory of how they are feeling on that specific day. If you have much experience exercising at higher levels of intensity you will know that somedays 'it just ain't there', and there are a lot of reasons why one day your workout can feel great, and the next day that same workout can feel impossibly hard. Things like your sleep, your hydration + nutrition, your stress levels at work or home can all play into your current level of readiness in the gym. RPE helps the lifter determine their own intensity, and as we learned previously about progressive overload, you need to systematically be working at higher and higher levels of intensity each and every workout in order to move forward. While you can use RPE to help determine your level of intensity, using it alone could be considered less than optimal, due to the subjective nature the method. Simply put, listening to your body is a skill and it can take time to calibrate. Often times people can either under estimate their RPE or vastly over estimate it. Also, the further into your workout the more fatigue will start to set in, making an exercise start to feel more difficult than it otherwise would have if you were doing it at the start of your workout. The same thing can be said for the last set of an exercise compared to the first. So we will need a slightly more objective marker to base or RPE off of.

###### **ChatGPT said:**

I love using RPE because it allows you to tune into how your body is feeling on any given day, providing a personalized gauge of effort. Since we all have different backgrounds, fitness levels, and daily conditions, what might feel like an 8 for one person could be a 4 for someone else. RPE gives you the flexibility to adjust your workout intensity based on your own experience and current state.

I typically prefer RPE over using percentages of your 1RM (one-rep max) because most people rarely test their true max, and basing a workout on a max effort from months ago isn’t always practical or accurate. While 1RM can be useful and many programs do use it, for this program, we’ll focus on RPE.

RPE is subjective, but it encourages you to assess how you’re feeling right now. Experienced lifters know that some days, workouts just don’t go as planned. Factors like sleep, nutrition, hydration, and stress can all impact how you feel and perform. RPE helps you gauge your intensity and ensure you’re consistently pushing yourself to meet your progressive overload goals.

That said, relying solely on RPE can be less reliable due to its subjective nature. It's a skill to accurately assess your own effort, and it can be challenging to calibrate. Often, people either underestimate or overestimate their RPE, and fatigue can skew your perception as you progress through your workout. To counterbalance this, we'll use RPE in conjunction with a more objective marker to help fine-tune your training intensity.

##### **You said:**

Remember, this isn't EXACT science, and it will be subjective based on how you are feeling each day, however, if you track your RPE along side your sets, and even workouts as a whole, you will start to notice trends in your performance, and if you are working too hard, or not hard enough. I love using RPE because it allows you to tune into how your body is feeling on any given day, providing a personalized gauge of effort. Since we all have different backgrounds, fitness levels, and daily conditions, what might feel like an 8 for one person could be a 4 for someone else. RPE gives you the flexibility to adjust your workout intensity based on your own experience and current state.

###### **ChatGPT said:**

Remember, RPE isn’t an exact science, and it will vary depending on how you're feeling each day. However, if you consistently track your RPE alongside your sets and even your entire workouts, you'll start to see patterns in your performance. This can help you determine if you're pushing too hard or not hard enough.

I love using RPE because it allows you to tune into your body’s signals in real-time, giving you a personalized measure of effort. Since we all have different backgrounds, fitness levels, and day-to-day conditions, what feels like an 8 for one person might be a 4 for someone else. RPE offers the flexibility to adjust intensity based on your own experience and how you’re feeling in the moment.

##### **You said:**

In this digital download, I want to dive deeper into a specific tracking method to help track your progress and provide insights on measuring your intensity and other key training variables. We will cover the method known as "Double Progression", and the important variables to consider when approaching your strength training. Once we have covered each topic we will take a look at an example of applying these ideas in practice.

###### **ChatGPT said:**

In this digital download, I want to take a closer look at an effective tracking method to help monitor your progress while also providing insights on how to measure intensity and other key training variables. We'll dive into the method known as "Double Progression" and explore the critical factors to consider when approaching your strength training. After covering each concept, we’ll walk through a practical example to show how you can apply these strategies in your own workouts.

##### **You said:**

How would you go about breaking down the RPE scale?

###### **ChatGPT said:**

Here's how I would break down the **RPE (Rate of Perceived Exertion) scale** into a clear, user-friendly format:

### **Understanding the RPE Scale (1-10)**

The RPE scale helps you measure how hard you're working during a workout based on how you feel. It’s a subjective tool, but when used correctly, it can help ensure you’re training at the right intensity for your goals.

**RPE 1-3: Very Light Effort**

* You’re barely working. Think of an easy warm-up or a light walk.
* **Breathing:** Normal, no increase.
* **Example:** Stretching or light mobility work.

**RPE 4-5: Light to Moderate Effort**

* You can feel yourself working, but it’s still very manageable.
* **Breathing:** Slightly increased, but you can still hold a conversation.
* **Example:** Walking at a brisk pace, lifting weights with ease.

**RPE 6-7: Moderate to Challenging Effort**

* You’re working hard, but still in control. You could do a few more reps.
* **Breathing:** Noticeably heavier, can talk in short sentences.
* **Example:** A workout where you finish a set feeling like you have some energy left, but you're starting to get tired.

**RPE 8-9: Hard to Very Hard Effort**

* You’re pushing yourself close to your limit. You have 1-2 reps left before failure.
* **Breathing:** Heavy, can’t speak more than a few words.
* **Example:** The last couple of sets in a challenging weightlifting session or an intense cardio burst.

**RPE 10: Maximal Effort**

* This is your absolute limit. You have no more reps left in the tank.
* **Breathing:** Very heavy, talking is impossible.
* **Example:** Maxing out on a heavy lift or sprinting all out.

### **How to Use the RPE Scale:**

* **RPE 6-8** is typically used for strength training, where you’re pushing yourself but still leaving room for progress.
* **RPE 8-9** is for more intense sets where you're pushing toward your limits, often used when you're aiming for strength or hypertrophy.
* **RPE 10** should be reserved for special occasions or testing your max limits, as it’s not sustainable for regular training.

This breakdown makes it easier to visualize intensity levels and apply them to your training based on your goals and how you feel that day.

##### **You said:**

Can you take this example and summarize how it worked? Here is an Example of what it would look like in practice: Goblet Squat 3 Sets 6-8 Reps 25lbs RPE Set 1 7 Reps 25lbs RPE- 7 Set 2 8 Reps 25lbs RPE- 9 Set 3 6 Reps 30lbs RPE- 9 As you can see, in set one, the participant only completed 7 reps, and they were working at a fairly hig

###### **ChatGPT said:**

In this example, the lifter is performing **Goblet Squats** for 3 sets with a goal of 6-8 reps, using the **RPE scale** to gauge intensity:

* **Set 1:** They completed 7 reps with 25 lbs at **RPE 7**, meaning it felt moderately challenging but still manageable with room for more effort.
* **Set 2:** They reached 8 reps with 25 lbs at **RPE 9**, indicating they hit the upper limit of their rep range and were working near their maximum effort.
* **Set 3:** They increased the weight to 30 lbs, completed 6 reps at **RPE 9**, showing they leveled up the intensity while staying within the rep range.

### **Key Takeaway:**

The lifter increased the weight after reaching the upper limit of their rep range in set 2, adjusting intensity while maintaining progress. This demonstrates how to use **RPE** to manage intensity and know when to increase weight for continued progression.

##### **You said:**

Change the RPE to 8 for set number 2

###### **ChatGPT said:**

Here’s the updated example:

**Goblet Squat** 3 Sets  
 6-8 Reps  
 25 lbs

**RPE**

* **Set 1:** 7 Reps – 25 lbs – RPE 7
* **Set 2:** 8 Reps – 25 lbs – RPE 8
* **Set 3:** 6 Reps – 30 lbs – RPE 9

### **Summary:**

In **Set 1**, the lifter completed 7 reps with 25 lbs at **RPE 7**, meaning the set was challenging but still left room for more effort. In **Set 2**, they hit the upper rep limit with 8 reps at **RPE 8**, showing the set was moderately difficult but not maximum effort. By **Set 3**, they increased the weight to 30 lbs, completed 6 reps at **RPE 9**, indicating near-maximum intensity.

The lifter increased the weight after hitting the upper limit of their rep range in Set 2 while keeping intensity controlled.

##### **You said:**

Format it like the last answer

###### **ChatGPT said:**

Here’s the revised format with the RPE change:

### **Goblet Squat**

**3 Sets** **6-8 Reps** **25 lbs**

**RPE**

* **Set 1:** 7 Reps – 25 lbs – RPE 7
* **Set 2:** 8 Reps – 25 lbs – RPE 8
* **Set 3:** 6 Reps – 30 lbs – RPE 9

### **Summary:**

In **Set 1**, the lifter completed 7 reps with 25 lbs at **RPE 7**, meaning they were working at a moderate level of effort with some room left for more. In **Set 2**, they managed to reach 8 reps at **RPE 8**, hitting the upper limit of the rep range and increasing the difficulty. By **Set 3**, they added weight (30 lbs) and completed 6 reps at **RPE 9**, nearing maximum intensity but still within the target rep range.

This progression shows the lifter steadily increasing effort and weight, demonstrating how intensity can be managed through tracking reps and RPE.

##### **You said:**

Give me a summary like this, but with the change made: In this example, the lifter is performing Goblet Squats for 3 sets with a goal of 6-8 reps, using the RPE scale to gauge intensity: Set 1: They completed 7 reps with 25 lbs at RPE 7, meaning it felt moderately challenging but still manageable with room for more effort. Set 2: They reached 8 reps with 25 lbs at RPE 9, indicating they hit the upper limit of their rep range and were working near their maximum effort. Set 3: They increased the weight to 30 lbs, completed 6 reps at RPE 9, showing they leveled up the intensity while staying within the rep range. Key Takeaway: The lifter increased the weight after reaching the upper limit of their rep range in set 2, adjusting intensity while maintaining progress. This demonstrates how to use RPE to manage intensity and know when to increase weight for continued progression.

###### **ChatGPT said:**

In this example, the lifter is performing Goblet Squats for 3 sets with a goal of 6-8 reps, using the RPE scale to gauge intensity:

* **Set 1:** They completed 7 reps with 25 lbs at **RPE 7**, meaning it felt moderately challenging but still manageable with room for more effort.
* **Set 2:** They reached 8 reps with 25 lbs at **RPE 8**, indicating they were pushing harder but still had some energy left, hitting the upper limit of the rep range.
* **Set 3:** They increased the weight to 30 lbs, completed 6 reps at **RPE 9**, showing they leveled up the intensity while staying within the rep range and nearing maximum effort.

### **Key Takeaway:**

The lifter increased the weight after reaching the upper limit of their rep range in set 2, adjusting intensity while maintaining progress. This highlights how RPE can be used to manage intensity, track effort, and know when to increase weight for continued progression.