12/29/2024

* Track sets per muscle group
* Aim for a certain frequency per week of certain lifts
  + Squat 2 X per week, Deadlift 1 X per week
* Implement logic for progressive overload in sets/muscle group
  + Training to near failure should create progressive overload
    - Training to near failure creates a muscle building stimulus
    - More muscle creates the ability to do more reps with a given weight or more weight with given reps
  + Training at a variety of rep ranges probably induces progressive overload
    - Training at low rep range increases strength more, which can then create progressive overload on high rep days focused on hypertrophy
    - Vice versa
  + Via Arnold, moving to 4 sets per exercise for the compound lifts would be smart
  + Via Arnold, implement the priority principle and the shock principle
    - Ie, for a chosen muscle group, create shock days at a certain frequency to increase number of hard sets for a given period of time