

# How to Follow Your Program

Everything you need to know to walk into the gym and execute.

## WHERE YOUR PROGRAM LIVES

Your training program is in the **Everfit app** Open it, tap today's workout, and you'll see everything: exercises, sets, reps, weights. Each exercise has a demo video.

## SETS AND REPS

When you see something like 3x10, that means:

EXAMPLE

**3 x 10 = 3 sets of 10 reps**

A **rep** is one complete movement. A **set** is a group of reps done before resting.

## WEEK 1: FINDING YOUR NUMBERS

The first week uses **RPE** — Rate of Perceived Exertion. A 1-10 scale of effort:

**RPE 7** = You could do 3 more reps

**RPE 8** = You could do 2 more reps

**RPE 9** = You could do 1 more rep

Pick weights that hit the RPE listed. Be honest—this sets your numbers going forward.

## WEEK 2 ONWARDS: JUST FOLLOW THE NUMBERS

After Week 1, your program switches to **percentage-based** The app shows exactly what weight to lift. You don't calculate anything—just load what it says.

**The thinking is done for you.** Show up, lift the weight, log it, leave. Simple.

## REST BETWEEN SETS

### Compound Lifts

Squat, deadlift, bench, rows

Rest 2-3 minutes

### Isolation Exercises

Curls, triceps, lateral raises

Rest 60-90 seconds

## LOGGING YOUR WORKOUT

Log every set in the Everfit app **as you go** Not after. Not later. Finished a set? Enter weight and reps immediately. This takes 5 seconds.

## THE FLOW OF A SESSION

- Arrive at the gym
- Warm up (see warmup guide)
- Open Everfit, start today's workout
- Do exercise — log sets — next exercise
- Repeat until complete
- Leave

**Unsure about an exercise?** Watch the demo video in the app before your first set.