

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.