



What is?

PROGRESSIVE OVERLOAD

Progressive overload:

When starting strength, aerobic, balance or any other type of training keep in mind the term 'progressive overload'.

The last thing you want is to go 100 miles an hour at a new program and injury yourself. Progressive overload simply implies that over a period of time you will slowly increasing either the intensity, resistance and /or duration of the exercise.

By doing this you will allow your body to adapt to the new stimulus without over stressing the body and increasing your risk of unnecessary injuries.

As an example:

Resistance based exercises:

- Start at 2 sets of 8 reps with a moderate weight

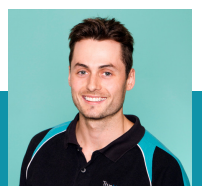
Each week aim to build on this by increasing the reps first and then the weight

- By week 3 (roughly) you should be aiming to complete 2-3 sets of 10 reps

Once you achieve 3 sets of 10 reps comfortably its time to increase the resistance but you will decrease the reps back down to 8 and the gradually build back up.

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