Why Should You Workout Everyday?.pdf

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**Why Should You Workout Everyday?**

There are many different cycles you could use but to Unlock Your Hip Flexors Review keep things simple let's go with a steady cycle that lasts 8-16 workouts. With this cycle you use the same exercise variation until you're ready to peak in 8-16 workouts. For example lets say you find out that you can do 6 reps with a one-arm-push-up. You start a training cycle with the one-arm-push-up and after 5 workouts the exercise feels a lot easier and you feel like you could do 8 or more reps. You still carry on doing only 3-5 reps and keep doing the same exercise.

After 8 workouts the exercise feels so easy that you feel you are ready to move onto a harder variation. What you can do is reduce the volume for a week (so lets say you train 3 days a week and do 2 sets in each workout. During that week reduce your workout frequency to only 1 or 2 days a week and do only 1 set per workout. However you're either going to do more reps (if you usually did 3 or 4 then do 5) or if you already did 5 then switch to a harder variation of the one-arm-push-up (maybe elevate your feet) and do 3 reps.

After this reduced volume week you're going to go back to your normal frequency of training (in this example 3 days a week) but you're still doing a reduced number of sets (1 set in this example). Now you're ready for the final part of your cycle. You were doing 3 reps of one-arm-push-ups with your feet elevated. Attempt to do 5 reps with this same variation. If you succeed wait until your next workout and choose an even more difficult variation (maybe elevate your feet even higher) and see if you can do 5 reps.

If you succeed move onto an even harder variation in the following workout until you reach a variation where you fail before reaching three reps. Then after that you could go back to the last variation that you succeeded doing 5 reps with and attempt to go beyond 5 reps. Take a few days off at the end of the cycle. At the start of a new cycle you begin with a slightly harder variation than in your last cycle. In our example we started the last cycle with one-arm-push-ups. For the next cycle we could maybe start with one-arm-push-ups with legs elevated slightly. You get the idea......I hope.

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