



Progression, Essential for Progress

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Whether we see it in the latest fitness magazine or the local gym, we've all been interested in trying a new exercise or movement. Often times, these exercises are cutting edge or the next big thing. The individuals doing them usually have desirable physiques and make the exercises seem easy to accomplish. This is where the problem begins. The exercises we see, although they may seem to be exactly what we need, can actually be far too advanced for our experience or training level.

Enter the progression. Almost all exercises have progressions that are pretty simple for the beginner to learn. As the individual gets more advanced or experienced, the exercise should also progress into something that's a little more difficult. This difficulty may be achieved by putting the body in a different position, adding a variable, removing a point of stability, etc. This is one of the best ways to continually stimulate your body and not reach a level of stagnation.

Obviously there are countless exercises out there with many more progressions and regressions. Attempting to list and explain all of these would be ridiculous for a simple weekly tip, but some general rules may prove beneficial.

- Before adding external resistance, master body weight exercises.
- Instead of continually increasing the time an activity is performed, increase the intensity or remove a stability point. See Travis Manner's March 10th weekly tip in our archives (found at www.atcomaha.com/news/weekly-tip-archives).
- Once a high level of intensity is achieved, increase the frequency of the exercise.
- If the next progression is too hard to complete after a few sessions, regress to the previous exercise for a few sessions to be sure you're ready.
- Be careful. There may be a point in each progression where the initial goal of the exercise is compromised with the addition of unnecessary variables.