



# TRAINING

YOUR SIMPLE RESOURCE TO  
OPTIMISE YOUR TRAINING



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GYM MADE SIMPLE



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## KEY TERMS

### PROGRESSIVE OVERLOAD

IF YOU WANT TO GET STRONGER OR BIGGER, YOU HAVE TO MAKE YOUR BODY WORK HARDER OVER TIME. THAT'S PROGRESSIVE OVERLOAD. IT DOESN'T MEAN LIFTING CRAZY WEIGHTS EVERY SESSION—SMALL JUMPS IN WEIGHT, REPS, OR INTENSITY ADD UP. IF YOU'RE DOING THE SAME THING WEEK IN, WEEK OUT, DON'T EXPECT RESULTS. SIMPLE. PUSH A LITTLE MORE, GET STRONGER, REPEAT.

### IMPORTANCE OF FORM

FORM ISN'T OPTIONAL—IT'S EVERYTHING. YOU CAN LIFT HEAVIER WEIGHTS, BUT IF YOUR FORM IS SHIT, YOU'RE JUST SETTING YOURSELF UP FOR INJURIES AND WASTED EFFORT. PROPER TECHNIQUE TARGETS THE RIGHT MUSCLES, KEEPS YOUR JOINTS SAFE, AND ACTUALLY MAKES THE EXERCISE EFFECTIVE. DON'T EGO-LIFT; LIFT SMART.

### TEMPO

HOW FAST OR SLOW YOU MOVE DURING A REP MATTERS MORE THAN MOST PEOPLE THINK. SLOWING THINGS DOWN PUTS MORE TENSION ON THE MUSCLE, MAKING THE EXERCISE ACTUALLY WORK. RUSHING THROUGH REPS? YOU'RE WASTING YOUR TIME. CONTROL THE WEIGHT, FEEL THE MUSCLE, AND KEEP YOUR TEMPO CONSISTENT. THAT'S HOW YOU MAKE EVERY REP COUNT.



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