

Have You Changed Your Routine Lately?

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Change up your routine every 5-8 weeks. No less. In order to give the body a chance to adapt and grow with the new routine it needs a bit of time.

Results may come in the first two weeks, or they may start to come at the four to five week mark. Keep that in mind before you completely change your program deeming your previous one a complete failure.

Another option: you don't always have to change up exercises. Changing your routine could be as simple as modifying rep ranges. Instead of using a 6-8 rep range you may want to try 10-12.

Now let me ask you this, why do we change routines?

Well, if your not seeing gains anymore, then it's probably time to switcher up. Now, if you're still making gains, why fix whats not broken? Untill you've completely plateaued stick with what works and what has been giving you results.

Change can come in many ways, supersets are a viable option if you're looking for a routine to keep your heart going and your muscles burning.

Superset example:

Bicep curls + Tricep pushdowns

1 Set bicep curls

No Rest

1 Set Tricep pushdowns

Rest

Repeat

You can try this with almost any exercise, supersetting leg extensions and leg curls is one of my favorites.

Long story short, if it's working for you then why change it. If you are at a sticking point think about changing it up, but only after you've given your current routine enough time.

Need some ideas?

Here's my current 5 day routine .