

Progressive Overload

Body & health

The one principle behind every training programme, and the ways to apply it.

Ways to increase demand, roughly from safest to most aggressive.

Variable	Increase by	Note
Reps	1–2 per set	The gentlest lever
Sets	One per week	Adds volume quickly
Load	2.5–5%	The classic; needs good form first
Range of motion	Deeper, controlled	Free, and often overlooked
Tempo	Slower lowering	Increases time under tension
Rest	Shorter	Raises conditioning demand
Frequency	One session	Adds recovery cost

Change one variable at a time. Two at once, and a failed week does not tell you which one was too much.