



**LOHR SPORTS PERFORMANCE**

### KEY WAYS TO PROGRESS AN EXERCISE

If you're like me, then you probably want to push yourself in everything you do. This is especially true when it comes to your workouts and other athletic pursuits.



One of the things that can be most frustrating for someone when trying to workout on their own is simply not knowing how to make an exercise harder without simply adding more weight. We all know weights are **expensive**, and finding creative ways to progress your workouts with limited equipment can be tricky and **very time-consuming**, so I'm here to take the confusion and stress away from this struggle. Here are **10 ways to make an exercise harder** for yourself!

## 1. Increase Time Under Tension

Simply increasing the length of time you hold each exercise will make it more difficult for you, thus allowing you to make more progress towards achieving your goals.

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## 2. Decrease rest times

It's no secret that workouts get harder the less time you spend resting. The trick here is to progress your rest times slowly so that you still maintain a quality lift.

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## 3. Change Rep/Set Scheme

Depending on what your goals are, you may need to increase the number of reps or sets you are performing of an exercise.

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## 4. Increase Lever Length

This is especially true for exercises that utilize bands as the method of resistance, but the further you place the band from the primary joint in motion during the exercise, the more resistance you are going to have to overcome throughout the movement.

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## 5. Change Your Stance

As you progress in an exercise, you will become more comfortable with your stance. Wider stances are always going to make for easier lifts. When you use a narrower stance, you will have to work harder to stabilize yourself throughout the exercise.

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## 6. Challenge Control

Adding in eccentric portions to your exercises will challenge your ability to control the weight throughout the movement and will make for a serious increase in intensity.

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## 7. Increase Range

It's true that muscles are more challenged by moving through deeper ranges of motion. This is why powerlifters are so concerned with "hitting depth" with their squats.

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## 8. Change Grip/Positioning

Anyone who has ever tried to do wide-grip pull ups after master neutral-grip can tell you this. Your grip matters and it can seriously change the extent to which an exercise challenges you.

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## 9. Combine Implements

If Barbells and Kettlebells aren't quite doing it for you, try combining some implements. Add a band to your barbell or kettlebell to challenge yourself more.

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## 10. Add Pauses

Including pauses at different points throughout an exercise can greatly increase the level of difficulty of an exercise. This can be done throughout the range of motion or at the endpoints, such as pausing at the bottom of a squat.

Want more? Call to schedule your FREE consultation [\(540\)470-0723](tel:5404700723)

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