

7 RULES FOR YOUR FITNESS PROGRAM

- 1.** To create perfect muscle stimuli, it's especially important that your technique is correct. Therefore, be careful not to use too much weight, should the technique suffer. Remember: technique before weight. You should be careful not to use momentum when performing the exercise. Many athletes work with a lot of momentum when they use too much weight because they can't do the weight correctly and perfectly. However, this is counterproductive. Only when the implementation is clean should you worry about the weight.
- 2.** You should make sure that your back is straight during many exercises. With some exercises you also make a hollow back. Please have the correct execution shown/explained to you for all exercises and internalize them. A firm stand on the ground is also important. This will give you better body tension and more strength.
- 3.** You've probably heard of "Full Range of Motion" or "Full ROM" for short. This means that you absolutely must do the complete movement. For example, in the bench press: Move the bar all the way down to your chest and all the way up until your elbows are almost stretched, but without overstretching. So always use the complete movement in all exercises.
- 4.** Eccentric phase.
For example, in the bench press: When you move the barbell down, make sure you perform the exercise in a controlled manner and don't move too fast. Try to take about 2 seconds to move the barbell from top to bottom. Make sure that the inhalation is controlled.
- 5.** Concentric phase.
For example, in the bench press: When you press the barbell up from the bottom, make sure you press it up explosively. Make sure to exhale in a controlled manner.
- 6.** At the end of a repetition, try to feel your muscle by making sure to control the target muscle during execution.
- 7.** If you don't want to do alternating sets, do the exercises one after the other. You can also do the exercises alternately. For example, you can do one exercise one day and the other exercise the next day.

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