



Progressive Overload Cheat Sheet

Progressive overload = small, controlled increases over time.

Progress in This Order

1. Add reps first
2. Add weight second
3. Add sets only if planned

Which Set Do I Progress First?

Start with the **last set**.

Example: 3 sets of 8–10 reps

- Session 1: 8, 8, 8
- Session 2: 8, 8, 9
- Session 3: 8, 9, 10
- Session 4: 9, 10, 10
- Session 5: 10, 10, 10 → increase weight

When Do I Increase Weight?

Increase weight only when:

- All sets reach the top of the rep range
- Form stays consistent
- When you could still do 2–3 more reps

How Much Do I Increase?

- Upper body: **2–5%**
- Lower body: **5–10% max**

What If It Feels Easy?

- Add 1–2 reps to the **last set**
- Do not jump ahead
- Do not increase reps and weight at the same time

What If It Feels Hard?

- Stay at the same weight if you complete the reps
- Reduce slightly if form breaks down
- Do not force progression

Rules to Follow

- One change at a time
- Small increases only
- Repeat workouts consistently
- Track what you did

Avoid

- Big jumps in weight
- Extra sets or exercises
- Random workout changes
- Testing your max every session