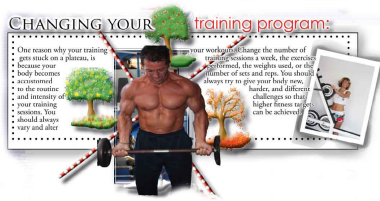


Changing your training program:

Written by

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Changing your training program:

One reason why your training gets stuck on a plateau, is because your body becomes accustomed to the routine and intensity of your training sessions. You should always vary and alter your workouts. Change the number of training sessions a week, the exercises performed, the weights used, or the number of sets and reps. You should always try to give your body new, harder, and different challenges so that higher fitness targets can be achieved.

Training has to be Fun!

Train only when you feel full of energy!

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