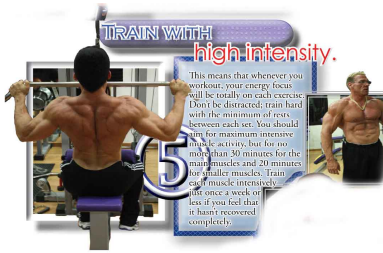


## Train with high intensity

Written by

DATE\_FORMAT\_LC2 -

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### Train with high intensity

This means that whenever you work out, your energy focus will be totally on each exercise. Don't get distracted; train hard with the minimum of rests between each set. You should aim for maximum intensive muscle activity, but for no more than 30 minutes for the main muscles and 20 minutes for smaller muscles. Train each muscle intensively just once a week or less if you feel it hasn't recovered completely.

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