

## Beginners should follow a training plan!

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For most of us it is best to train following a training plan. This way we avoid wasting valuable time thinking about what exercise to do next, which weight to use and how many repetitions to execute in the set. A training plan helps us to concentrate and focus our entire energy on training. To avoid wasting time, we should include alternative exercises in case the next machine is occupied. By using a training plan, we can measure our progress, making changes when they are needed to maximize the results.