



Progression Tips

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Principle of Progression

- A training principle used to create an exercise program to improve physical fitness, skill and performance.
- It implies that in order to improve physical fitness levels, one must continually increase the physical demands to reach an optimum level of overload



Rate of Progression



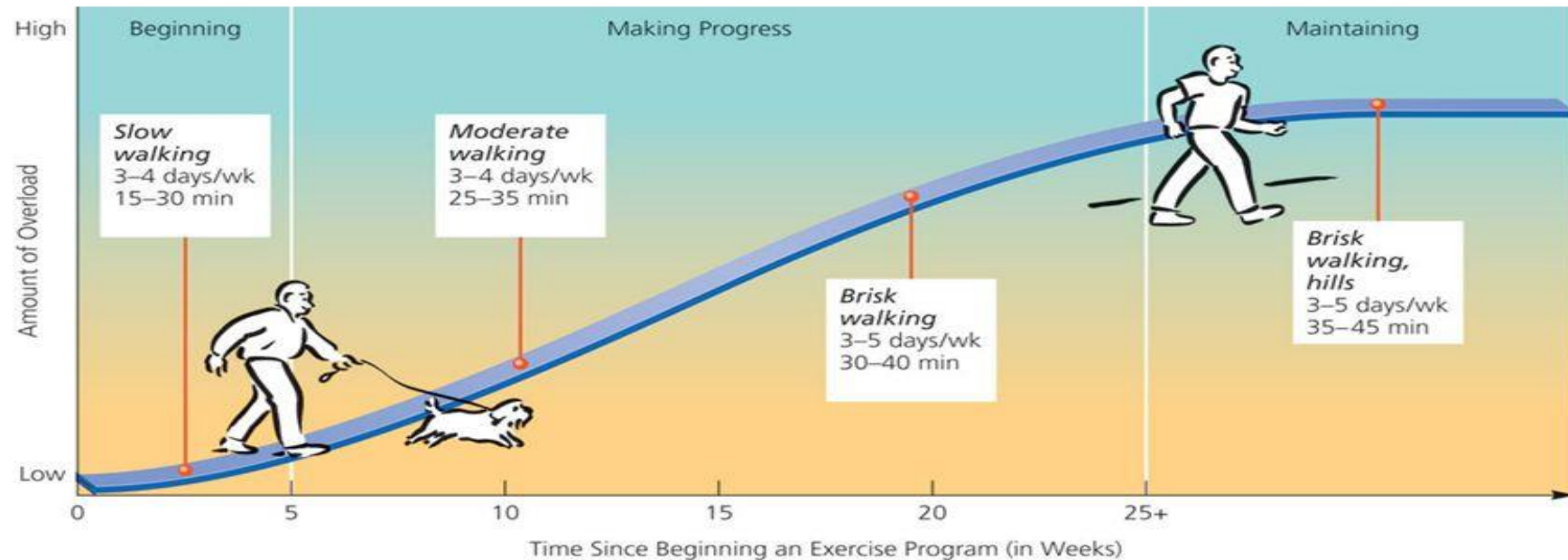
- The recommended rate of progression in an exercise program depends on 4 components: 1) Health Status, 2) Physical Fitness, 3) Training Responses, and 4) Exercise program goals
- Initial Progression stage
 1. Increase exercise time/duration
 2. ACSM recommends increasing 5-10 minutes every 1-2 weeks for the first 4-6 weeks.

Progression Tips (Aerobic Exercise)

- Incorporate the following progression methods to be sure you are always advancing toward your health and fitness goals. Use the FITT principle, as defined below:
 1. **F**requency (increase the number of days per week) Example: Increase from 3 days per week to 4 days per week
 2. **I**ntensity (increase from moderate to vigorous intensity) Example: Increase from brisk walking to jogging
 3. **T**ime (increase the amount of time you exercise per day) Example: Increase from 30 mins per day to 45 minutes per day
 4. **T**ype (simply change the type of workout you are doing to something different)



Progression of an Exercise Program: Get in Shape Gradually



- In this example Frequency, Intensity, and Time were increased.
- Any component of the FITT principle can be increased.

Progression Tips (Resistance Training)

- Incorporate the following progression methods to ensure you're always advancing toward your health and fitness goals
 1. Increase your weight
 2. Increase the number of reps you perform
 3. Increase the number of sets you complete
 4. Decrease your rest time
 5. Increase your speed with completing reps (without sacrificing form)
- Once you become comfortable, get uncomfortable again.



References

- Riebe, D., Ehrman, J. K., Liguori, G., & Magal, M. (2018). *ACSMs guidelines for exercise testing and prescription* (9th ed.). Philadelphia: Wolters Kluwer.
- <https://www.idealife.com/fitness-library/functional-exercise-progression>

