

## Some pieces of advice for successful training!

Written by

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Progress in training is usually achieved in steps, rather than in a steady and continuous manner. There will always be periods of rapid improvements followed by slower ones and even a plateau with no progress. Everybody reaches the moment when they train as hard as they can but their bodies do not react any more to the stimulation of exercise. This means your muscles aren't growing, nor getting stronger and you aren't losing fat. This is the moment when you reach and suffer a plateau.

Whenever you reach this stage you have to react quickly and decisively by reassessing, analyzing and changing your training program.

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