

EXERCISE TECHNIQUE

Building a Basic Workout and Changing the Difficulty

How To Build A Basic Workout

The most basic workout is one that has one or two compound exercises for your lower body and for your upper body.

A compound exercise is one where multiple joints move throughout the exercise. We like compound exercises because they are efficient – the more joints involved, the more muscles involved. Ideally you will have at least one exercise for the lower body, an upper body push and an upper body pull, and something for your core.



How To Change The Difficulty

When it comes to resistance training, there are many ways to change the difficulty of the exercise. The most obvious is the level of resistance – the more weight you try to move, the harder it will be.

Another much underrated way of changing the difficulty of an exercise is by changing up working bilaterally vs. unilaterally. Bilateral means you are working both sides at one time and unilateral means you are working one side at one time.



For example, a unilateral push up (one arm push up) is so much harder than a bilateral push up (normal push up) because you would be trying to push the same weight with half as much muscle as a resource.



If you are feeling in a rut with your workout routine, give this a try. Ultimately, do what you feel comfortable with and follow any instructions you have received from your doctor or another healthcare professional.