

**1. How do I enter in the reps for a workout?**

**A:** Type in the reps into the “Rep Results” column with commas. For example, if you got 3 total sets of 8 reps then 8 reps then 6 reps, type in “8,8,6” into the “Rep Results” cell for that exercise.

**2. How do Deload reps work?**

**A:** Do half the reps that you did in Week 1. So if you got 8,8,6 reps in week one on an exercise, you’ll do 4,4,3 reps on the deload for that exercise. If the resultant number is not a whole number, round DOWN and use that number, for example; 7 reps in week 1 means 3 reps in the deload week.

**3. Can I pick the same exercise for all options in a single week of the program?**

**A:** For example, if you have quads listed multiple times in the same week, can you choose high bar squats for all of them? Yes, but using two different variants is highly recommended. It will prevent fatigue accumulation from occurring as rapidly and likely enhance the total amount of muscle grown. However, if you’re confident you can survive the monotony and benefit from it, you can choose the same variants within the week. To be clear, we advise against this for most lifters.

**4. What is “2/fail” and what does it mean?**

**A:** As described in the “how to” document, 2/fail means you stop the working set as soon as you reach 2 reps away from muscular failure. Another way to put this is that you should rack the weight and end the set when you have 2 reps left in the tank. For example, if the instruction is 2/fail, that means that you should be lifting until you only have two reps at most left in the tank, with good technique. Typically, 2/fail will see a significant slowdown in bar speed towards the end of the set, and is where some straining and shaking may occur and is going to feel very tough. Remember that failure means when your technique fails, not all-out failure as in when you can no longer perform a rep altogether. Good form/technique should always be used for safety purposes.

**5. I can’t lift on the schedule specified in the program (ex: rest 2-3 days between workouts).****Can I rest more or less between my workouts?**

**A:** Whenever possible, stick to the workout and rest pattern in your routine. Shifting your workout or rest days by a day or two here and there is ok, but the more you shift, the less we can guarantee the safety and effectiveness of the program. Consistency with the training days and times will ensure similar conditions for each training session and better results over time.

**6. I don’t know my 10 Reps values to enter. How do I find them?**

**A:** While there are some good [websites](#) for calculating 10 Reps from maxes, they only offer a rough guess. Luckily, a rough guess is all you need for the program to work well. Just estimating your maxes works, but you have to be honest with yourself. Don’t put what’s really your 7RM as your 10 Reps, or you’ll be in for a world of hurt and less than optimal training. The less ego you bring in, the better, and if you’re not sure on your maxes, erring on the conservative side is usually a good idea. Also remember that we want you to input your 10 Reps that takes into account the order in which that exercise appears. Your 4-exercises-later 10 Reps is going to be much lower than your fresh 10 Reps. So, again, be honest with yourself about the weight difference between those two. YES, the lower weights can be quite humbling, but the purpose of this program is to grow your muscles, not your ego.

**7 Why doesn't the weight I use always change from week to week?**

**A:** The weight only goes up by roughly 2% increments from week to week. Sometimes that's less than an even 5lbs or 2.5kgs, and the weight will stay the same. Because volume (the number of sets in a program) is the most important factor in muscle growth, this slow increase in weight won't hold you back from growing muscle and will in fact encourage it. Over the weeks and months, the weight - and your strength - will go up!

**8. Where can I find videos of the exercises listed?**

**A:** As soon as you choose each exercise from the dropdown menu in step 1, the corresponding "{< Select Exercise}" text to the right of it will update to a hyperlinked (Youtube) Video link in the step 2 column for that row.

**9. I feel fine and don't think I need to deload. What should I do?**

**A:** Deload. If by some chance the program was way too easy for you and even the last hard training week was a breeze, you can always come back next cycle and be that much fresher to train even harder, but you'll need to be at your best to complete that program, so make sure to take the deload even if you feel "ok." The idea after a deload is to feel GREAT, not just OK.

**10. What do I do if the volume is not rising fast enough and I think I can do a lot more work?**

**A:** If, after the first week, you really think that the volume of this routine will be too low, it's likely going to be more than enough work in the later weeks, as the set numbers steadily climb week to week. We've designed the program to move up to VERY high volumes in the last week if you consistently feel unchallenged. Remember though that an initially "easy" program will get much harder in the subsequent weeks. Leave some gas in the tank. If you go through the whole First Time Program cycle (5 full training weeks, including the last "deload" week), and the amount of training is never a challenge, the Long Term Program should be more challenging, so don't change anything until you also do a full cycle of the Long Term Program. If you've done at least one whole cycle of the Long Term Program and find that most of the workouts had too few sets for you, feel free to run your next Long Term Program with different exercises and manually increase the set numbers. This will make the routine as tough as you want, but we don't recommend this for most people. If the program is way too easy and results are slow to come, consider upgrading to our [Female](#) and [Male Physique Templates](#) to train more days / week in a more advanced fashion.

**11. Should I be gaining weight, losing weight, or maintaining weight on this program?**

**A:** Depends on what you're eating! If you'd like diet help, we've got you covered! Try our [Simplified Diet Templates](#), get a [Diet Coaching Plan](#) for one-on-one support, or read up on how to develop your very own [Renaissance Diet](#)!

**12. Do I have to do the exercises in the order presented?**

**A:** "No" strictly speaking, but this is highly recommended. Exercise volumes and intensities were programmed with the original orders in mind, so switching them significantly can impact results. If you have to switch exercise orders here and there, it's no big deal (like when the rack is being used by someone curling in it for too long)! But if you're thinking of repeatedly doing the exercises out of order when the program says otherwise, it's not recommended.

**13. For bodyweight exercises like pushups and dips, what exactly is the instruction on putting in 10 Reps weights?**

**A:** Don't enter any weights for these, and just do your bodyweight for 2/fail reps every week. Once you can do more than 30 pushups or dips using good technique, you're definitely ready for our more

**14. How do I warm up?**

**A:** Warmups differ from person to person, but generally involve using a very low weight for a set of 10 reps, followed by the working weight for 2-3 reps, after which the working sets begin. You can also warm up more extensively than this for the first lift of the day and less than this for all subsequent lifts.

**15. What do I do if I feel a sharp pain or get hurt during training?**

**A:** In all cases, stop the routine and avoid physical activity for the rest of the day. If the pain is intense, seek medical attention. When in doubt, consult a medical professional. Injuries are NOT worth pushing through, and there is no shame in calling it quits in the interest of prioritizing your long-term health and success.

**16. What does the rep range have to be?**

**A:** Most of your sets will be between 5 and 20 reps. But anything up to 30 reps per set is fine. If your FIRST sets on any exercise are fewer than 5 reps or more than 30 reps, please change your 10 Reps estimate. If the reps are too many, bump it up by 10-20%. If the reps are too few, bump it down by 10-20%. Make sure you're entering your 10 Reps in the step "3" column, and NOT into the first week's weight column. All weekly weights are calculated for you from the 10 Reps column, so you don't ever have to edit them directly; only edit the 10 Reps column if needed.

**17. What if the training is too hard?**

**A:** If you're ever having trouble finishing all of the sets of a workout, that's ok. Just do as much as you're able, write those reps down, and call it a day. You can always do better next time! If the weights are too heavy, you will likely need to adjust your initial 10 Reps estimates.

**18. What if I'm not sure what the exercises are?**

**A:** You can watch the videos and try new exercises as you see fit. Make sure to prioritize good technique first and foremost at all times!

**19. What if I don't have time to finish the workout?**

**A:** If you can't come back later that day, just scrap it and move forward without making up those lifts. When you block off training time going forward, try to make sure it's enough to complete the workout. When taking rest breaks between sets, make sure they're no longer than they need to be to get your breathing back to "normal enough" to do another set.

**20. What if I miss a day?**

**A:** Push up all the rest of the days of that week and get that day in the next time you train. If you miss more than a day, just train light the rest of that week and restart your current week next week.

**21. What about cardio?**

**A:** You can do cardio along with the plan, and any kind of cardio you like works. Here are some tips on timing and best practices:

- If you are looking to gain weight, limit your cardio a bit so that you can more easily put on muscle.
  - Non-training days
  - Much later or earlier than your weights workout on training days (preferably 6 hours or more apart).
  - Before training
  - After training

**22. I do another sport as well, how can I integrate training for it with this training?**

**A:** Our best advice here is simply to limit your physique training to 4 days or less, split the training apart as far in the day as possible, and generally make sure to manage fatigue well. If you're interested in getting the most out of your mixed-sport program, thinking about hiring a [one-on-one training plan](#) (or a [combo diet and training plan](#)) may be a good fit for you.

**23. What if I'm not getting stronger every week?**

**A:** That's just fine! Because of the rising fatigue with the rising volumes, you'll feel more and more run down as the routine progresses from week 1 onwards and possibly just maintaining your rep strength. After the deload you'll be much stronger, especially for reps because that's how you're training.

**24. What if my gym (or home gym) doesn't have a given piece of equipment or I can't perform this lift at my gym (or home gym)?**

**A:** Please only choose exercises that are currently possible for you to do at a gym or at home. The minimum equipment requirements for the exercises listed in these templates are: a barbell, bench, rack and free weights (all of which are / can support weight that will challenge you after 10 reps).

**25. What if my coach doesn't agree with the program?**

**A:** Please don't do any programs your coach does not agree with. If you train under a coach that does not agree with the programs you're running, he or she should be writing your programs or pointing you in the right direction to get approved programs.

**26. What if I can't do a certain exercise?**

**A:** Please only choose exercises that you can do with no pain or orthopedic limitations.

**27. Can I do my WOD after this?**

**A:** You can, and you can do it before as well. If possible, taking a 20 minute break or longer can help you give the most to both workouts, and an even longer break of half a day between them may be best.

**28. Can I use this template to prepare for other sports like Crossfit or Powerlifting?**

**A:** You bet. Just make sure you're recovering enough for both sports, and not finding yourself too sore or tired from your template workouts when you do your other workouts.

**29. What should the rest times between sets be?**

**A:** We recommend that you take just enough time to not be gasping for air... something like 30 seconds to 1:00 for most. If you need more than a minute, that's ok, and you'll get fitter over the weeks and months so that eventually you will be able to do another set with just a minute of rest. This program is designed to be very intense, so it's ok that you're huffing and puffing!

**30. How do I know what exercises to pick?**

**A:** ANY of the exercises in the drop-down menus are effective, and we recommend sticking to the same exercises for at least two cycles and probably up to 3 before changing them. There is no special way to choose exercises that is much more effective than a random selection of exercises from each category, so you can just go down the list and try new moves if you don't feel like planning anything super in-depth.

**31. What if I'm not gaining or losing weight?**

**A:** Your diet and cardio should be the first place you look. check out our [diet templates](#) to help you along, or browse our full catalog of [diet products](#).

**32. How often should I update my 10 Reps figures?**

**A:** Every time you start a new Long Term Program cycle, you should have your Rep Results from the last cycle you completed. In most cases, your strength will increase with each program cycle, so you can increase your 10 Reps when designing each next cycle of training. Here again, be honest. If you actually got stronger, great... go ahead and enter that higher number. But if you're not sure, stick with older 10 Reps values until it's obvious they are now 12 or 15 Rep values and it's time for an update.

**33. What if some parts of my body are growing a lot but others are more stubborn?**

**A:** If you'd like to focus in on specific body parts, we recommend our [Female](#) and [Male Physique Templates](#).

**34. Can I superset the exercises**

**A:** If you'd like to save time and can handle the difficulty, go for it!

**35. Can I use a belt, wraps, knee sleeves or other assistive equipment?**

**A:** Only if you need it. A belt is usually not needed for most lifters until they are squatting or deadlifting more than 315lbs, and wraps and knees sleeves are almost never needed for those working on their physiques.

**36. I'm still sore and it's time to train that muscle group again. What should I do?**

**A:** Train. Your body will eventually adapt to the training and you won't be nearly as sore. If your consistently sort ALL the time without ever healing by the 3rd week, reduce the number of sets you do in the 4th week by half.

**37. My weights seem very light. Is the template formula broken?**

**A:** Almost certainly not. Muscle growth is highly influenced by weight amount AND rep count, so any sets between 5 and 30 reps grow about the same amount of muscle! Your job is to buckle down and crank the reps out... and if they are high numbers of reps, so be it!

**38. Who can answer additional questions not covered here?**

**A:** Because this is a template and not a coaching service, unfortunately our customer service staff lacks the bandwidth to answer individual questions. The good news: the [RP Simplified Diet Templates Facebook group](#) is full of fellow dieters and gym-goers who are excited to exchange fitness experiences and help new group members like you get the most out of RP — [join it today!](#)