

## **Avoiding the Plateaus**

The body adapts to physical demands in a period of three to four weeks. At this time you need to alter some component of your exercise routine. Below are the various components you can alter in order to help you achieve your fitness goals.

### **Mode:**

Simply put this is the very machine or exercise you are doing. If you are using a treadmill switch to a bike, if you have been using an elliptical trainer, switch to a rower etc.

### **Frequency:**

If you are training two days a week go to three. If three, then go to four, etc.

### **Duration:**

If you are training for 30 minutes a day then go to 40 minutes etc.

### **Intensity:**

If you are on a treadmill going 5 mph then ramp it up to 7mph. If your grade is flat then increase it. These two options will increase your intensity levels.

One, a combination, or all of these options must change in order for your body to adapt to new changes.

### **The same principles apply to weight training:**

Your options are to increase weight, or increase reps. For another change, try staying away from the weights