



Frequently Asked Questions

“What order should I do everything in?”

The workouts should be followed through top to bottom. Every grouped pairing of workouts should be done on repeat in the sets of 3-4 exercises based on the number of sets placed together.

For example:

[DB Bench Press](#) 3x4-6

[TRX Row](#) 3x10-12

[DB Lateral Raise](#) 3x10-12

Translates to:

3 consecutive sets of:

4-6 reps of DB Bench Press

10-12 reps of TRX Row

10-12 reps of DB Lateral Raise

Complete 1 set of each, and then repeat two more times, proceeding to the subsequent set.

“How do I know how much weight to do? There are none listed.”

The rep ranges are meant to give an indication to ballpark how many reps you should complete, whether it is body weight or with equipment. Aim to set that amount at first to what allows you to do the higher end of the reps, and then aim for the lower end of reps initially.

I.e. 8-10 reps means. Find a weight you can do 10 times, then perform it 8 initially. See the below questions to get an idea on how to progress the motions.

“When do I increase the weight?”

There are multiple factors that increase the difficulty of a motion that can be broken down to a science

The short-hand answer is to increase reps first before weight. Once you can do a few reps more than the amount you started at for a weight, you then have the green light to increase the weight itself.

There are two detailed protocols for “how” to increase in this separate PDF.

Click [here](#) for more info.

“How do I make it harder if I don’t have more weight/equipment?”

There are multiple other factors you use to increase the difficulty of your movements. You can add pauses at the “bottom” of the motion (isometrics), and you can lower “eccentrics” down at a gradual pace. For other motions, you can move faster, and decrease rest periods in between each motion.

“What if I don’t have a bench?”

We have multiple variations of the exercises you can do if you do not have a bench or similar set-up in your home or building gym

DB Bench Press = [Dumbbell Floor Press - YouTube](#)

DB Reverse Fly = [Band Pull Apart \(pronated grip\) - YouTube](#)

“What kind of equipment do I need?”

- 1.) Pair of light dumbbells
- 2.) Pair of medium dumbbells
- 3.) 1-2x Heavy Dumbbells
- 4.) TRX
- 5.) Long Theraband
- 6.) Mini Looped Band
- 7.) 1x Light Kettlebell
- 8.) 1x Medium Kettlebell
- 9.) 1x Heavy Kettlebell

“What if I don’t have a cable machine?”

Your building gym may not have one or you may not have space in your apartment. Here are a few variations of some cable movements:

Kneeling Palloff Press = [Kneeling Banded Palloff Press - YouTube](#)

“What do the weight distinctions mean? (light, medium, heavy)”

Consider the motion it's labeled for and think of the rep ranges to adopt number of reps based on the following qualifiers.

Light = minimal to moderate

Medium = moderate to slight difficult

Heavy = slight difficult to moderate difficult

“What if I have a shoulder/wrist/knee/ankle injury?”

Make sure you have been cleared for exercise by a doctor, first and foremost.

If something feels uncomfortable, do not risk it! We can suggest alternatives such as switching to a neutral grip for presses, keeping proper heel/knee alignment or preserving your wrist stability to prevent extension.

Our exercises are filmed to the safest possible form, but for anymore specific questions, email gymlessans@gmail.com for any specific feedback.

“What if I don't have some of the equipment listed?”

Check out the Gym Lessans Youtube Exercise Library. Look for similar names with a dumbbell in place of a kettlebell or vice versa. Pick the right “Fitness Flow” for your gym set-up (i.e. bodyweight for no equipment, travel for a hotel, full gym for a full stocked facility, etc).

“What if the workouts are too hard?”

Pick the right difficulty level in the relevant question. Operate 2 reps below the listed amounts and aim for conservative weights on the selected exercise.

“What if I don't have any equipment?”

Select our “Bodyweight Fitness Flow” for any calisthenic based workout programs

“What if I find the workouts too easy, even at level 3?”

There are multiple ways to increase the exercise difficulty including: adding pauses at the bottom of reps, slowing down the eccentric (lowering) portion, lowering the rest period in between reps.

If you really want a challenge, consider what our individualized health coaching plans can challenge you with.

“What if I have questions beyond the FAQ?”

Submit any questions to gymlessans@gmail.com and we're happy to get back to you as soon as possible.

“How do I check my form”

Every exercise has a corresponding video to demonstrate accurate form, but if you are unsure of how your body moves in space, consider trying our movement analysis.

If you have any questions, submit a video to gymlessans@gmail.com and we'll try to provide feedback within 48-72 hours.

“I'm not sure which goal I should do?”

Consider trying our Fitness Health Questionnaire to get an idea of what your best fit might be, if the verbal descriptions in the app don't jump out of you.