Resistance Training Progression Guide

One of the age-old questions in the gym is how to know "when" to increase the weight in the gym when you are progressing. Part of knowing that cadence is when to increase the weights we choose once we're within certain range.

First of all, when is it appropriate to increase the weight of a given set? We identify the **2-for-2 rule**, also known as the **Double Progressive protocol**. In this set-up, we track our progress over the course of two consecutive workouts. If you can perform 2 or more repetitions more than your assigned rep goal in that time frame, you should increase the weight until you meet the bottom end of your goals repetition range.

Secondly, lets get out of the way the rate at which we increase before we get to the strategy. We base this on experience and the part of the body. For the smaller, weaker, less experienced athlete, we increase 2.5-5 lb for upper body per load increase and 5-10 lb increase for lower body motions. For larger stronger, more trained athletes, 5-10+ lb for upper body motions, and 10-15 lb for lower body works best.
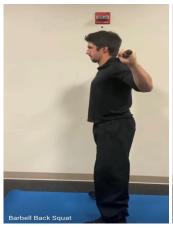
The following table helps demonstrate that the best:

Description of Athlete	Body Area	Estimated Load Increase
Smaller, weaker, less trained	Upper / Lower	2.5-5 lb / 5-10 lb
Larger, stronger, more trained	Upper / Lower	5-10+ lb / 10-15+ lb

Let's use the following case study of the Barbell Back Squat:

SEE NEXT PAGE

[Barbell Back Squat - YouTube](#)

If you are used to performing 3 sets of 10 reps at a Barbell Back squat @ 75% your one rep max, continue performing sessions with this breakdown until you get to 12 reps @ 75% 1RM for the third work set.

Once you increase that 12 rep count for the third set for two consecutive workouts, consider this to increase your green light to increase the weight until you can go to 10 reps at the respective weight.

A larger, trained athlete, could increase this from 10 to 15 reps or more based on this qualification.

This increase is demonstrated by **INCREASING REPS FIRST** at the same weight, followed by increasing **THE WEIGHT** at a specific cadence.