

Soreness Rules

Criterion

Action

1. Soreness during warm-up that continues
2. Soreness during warm-up that goes away
3. Soreness during warm-up that goes away but redevelops during session
4. Soreness the day after lifting
(Not muscle soreness)
5. No soreness

2 days off, drop down 1 step

Stay at step that led to soreness

2 days off, drop down 1 step

1 day off, do not advance program to the next step

Advance 1 step per week or as instructed by healthcare professional