

A woman with blonde hair, wearing a pink sports top, is shown from the chest down. She has her hands on her hips and is looking down. The background is a plain, light-colored wall.

Overload

What is overload? Overload is when something is too much for something else.

In a lot of areas of life, being overloaded isn't necessarily a good thing, but in exercise this is crucial to progression. If we don't overload our bodies, we will stay the same: we will "plateau". Our bodies won't be challenged.

To get this overload, we have to push our body beyond what it is used to doing. This means, lift heavier weights, run faster, ride longer, jump higher. The list goes on and on. Whatever activity you're engaging in, it is important to do more than what your body is *used* to doing. This doesn't mean do more than what your body can *handle* though. A good way to judge this is to listen to your body. When lifting weights, if the weights are easy by the last 2-3 reps of your set, it's time to bump 'em up. During cardiovascular activities, if your heart rate isn't in the zone it's supposed to be, it's time to bump it up. If you're stretching at a level you have been and you no longer feel the pull, it's time to bump it up. Get where I am going with this? If you notice that things are easy or much easier, be self-disciplined and self motivated to increase the intensity a bit. Your body will appreciate it and you will see greater results.