**Lesson #10: Undertraining**

Undertraining (the most common of the two).

Undertraining is when you're right here on the curve. So here's the peak, and you're right here. At the start, you might still be able to improve, but you're going to hit a plateau very fast.

Undertraining is probably much more common than overtraining.

If you're not getting results, but your diet is in check and you're recovering enough, you need to either up the intensity or the volume (or both).

Most likely, everyone will be able to improve at the volume that I gave you, so most likely your intensity is lacking.

Make sure you're going to failure each set. Do not save energy for the next set.

In fact, if you have a spotter with you, do an extra forced rep where your spotter helps you get your last rep after you fail. If you're going to failure, your intensity is good, and you will pretty much, not be able to undertrain.