**Lesson #8: Progressive Overload**

Progressive Overload.

All right, so you know what your routine should be, but just going out and doing these exercises does not mean you're going to put on a bunch of muscle.

For natural lifters, the main way to gain muscle, is through a thing called progressive overload. So, the idea is to increase your total work, all right, or your sets, times your reps, times your weight over time. And then your body will adapt to it, and put on muscle if your diet is in check.

Now, you can't just keep increasing the amount of sets, because your workouts will start taking forever. And you can't keep increasing the amount of reps, because that gets you out of the hypertrophy zone. So, what you need to do, is increase your weight over time.

So, here's how you go about doing that. If you're training to failure, your body should adapt and get stronger over time, so you should start to be able to do more reps, with the exact same amount of weight.

Keep track of how much weight you're lifting for each exercise, and for what amount of reps. And on the next workout, try to beat your PR. Try to get one more rep. At the beginning of your body building career, you should be able to get one more rep almost every single workout. But later on, it might take a few workouts to improve.

So say you can do 10 reps one workout. All right. Then the next workout, you get 11. And then two workouts from then, you get 12. Now, as soon as you get 12 reps, increase the weight by just a little bit. What that should do, is bring you back down, right, to only being able to do eight or ten reps. Now you're doing the same exercise for the same amount of reps that you started with, but at a higher weight.

Now repeat this process until you get 12 reps with this weight. Then up the weight, and this process repeats itself over, and over again.

As your body lifts more and more weight and the hypertrophy zone, it will continue to have to adapt and put on more muscle, if your diet is in check.