**Lesson #9: Overtraining**

Overtraining.

All right, so, these routines are great but you still need to tailor them to your specific body.

Most likely the amount of volume I gave you is good but you might actually need to do more or less volume.

One thing that might seem kind of confusing is that you're hearing about this thing called overtraining, but how do you know if you're actually doing it?

Overtraining is when you train more than your body can recover from.

Now, there are two ways to fix overtraining. Train less or recover, sleep, more.

First, I want you guys to think of your gains as a curve. The more and more volume you do, the more and more gains you get, right, but with diminishing returns. Every set is giving you less and less gains than the previous set. It's actually possible to go past the volume for the maximum gains right here and then see decreasing returns.

Here's a peak, right? Now you could have stopped training six sets ago and still gotten the same results as if you overtraining all the way over here.

Now how do you know you're going past that perfect peak? You're tired, you know even though you feel like you've been getting enough sleep your muscles are always fatigued, you have a low immune system, maybe you're getting sick often. Or you just feel bad, man, like something is off. Or you're not improving in the gym, even though you're working extremely hard and your diet is in check.

That is probably the number one red flag right there. If this is the case, ideally you'd want to recover more by getting more sleep. But for most people that is just not reasonable because we all have things that we need to do, so the answer is train less.

You can try taking one more rest day per week. Try decreasing a couple exercises by a set and see how you feel, alright? If you're back to normal, great. If it helped you but you still feel bad, decrease a couple more exercises by one set. Do this until you're back to feeling good.