

# The Training Guide by Kettle Valley Fitness

## Training Frequency



**45-60** min



Training  
Duration

**3-5**

Training Days per  
Week

## Training Intensity



### Principles

**Train to failure**  
**Rest 1 min max**  
**Utilize supersets**

Shorter, intense workouts > Long, moderate workout

## Recovery



### Tip:

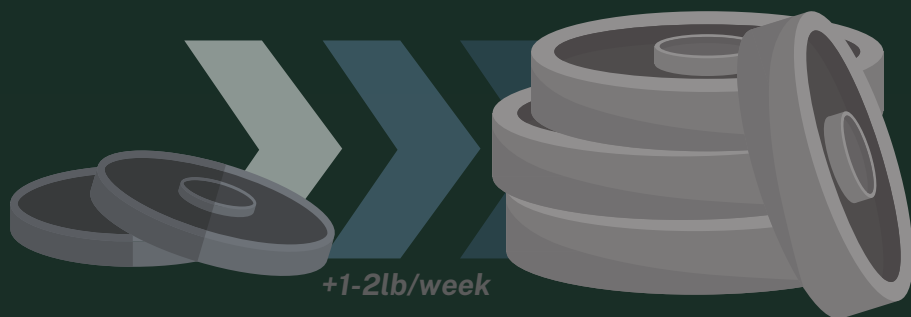
*Do light activities like walking or yoga on rest days*

## Training Splits Examples\*

Option	Workout 1	Workout 2	Workout 3	Workout 4
<b>A</b>	<b>UPPER</b>	<b>LOWER</b>	<b>UPPER</b>	<b>LOWER</b>
<b>B</b>	<b>PUSH</b>	<b>PULL</b>	<b>LEGS</b>	<b>CARDIO</b>
<b>C</b>	<b>FULL body</b>	<b>FULL body</b>	<b>FULL body</b>	<b>N/A</b>

\*Rest days between workouts as needed or desired.

# Progressive Overload



Build muscle by progressively increasing weight, reps, or intensity.  
Track progress to consistently challenge muscles.

Warm-Up 🔥

**5-10** Min

Light cardio and dynamic stretching

Cool-Down ❄️

**5-10** Min

Light cardio and dynamic stretching

# Mind-Muscle Connection

*Concentrate on contracting the target muscle during each exercise.*



*Slow and controlled*

# Training Principles

- **Change Routine every 4-6 weeks to avoid plateaus**
- **Listen to your body and adjust intensity**
- **Master form before increasing weight**
- **Slow it down: Prioritize time under tension**
- **Prioritize compound lifts and balance with isolation work.**

## What now?

You've got the basics, but perhaps you're looking for something more specialized that's tailored to you?

**We can help!**

Send us a text to 7784585664 with the word "TRAIN" and we'll get you started!