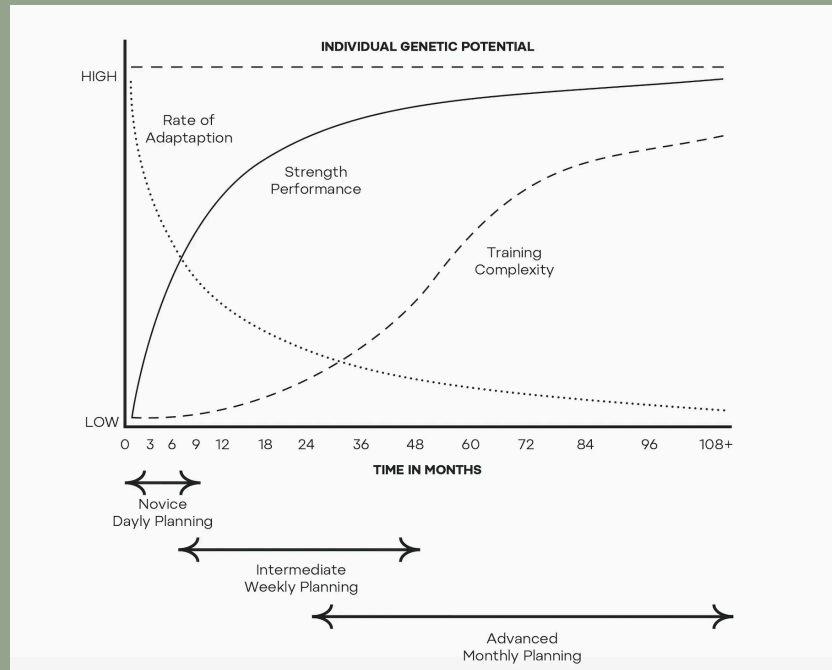



New Lifter Orientation #2/3



Optimize Your Novice Linear Progression (~first 3 months)

- Stress-Recovery-Adaptation is a 48-72 hr cycle for novices if recovery is not horrible
- Basic recovery requires enough quality food and restful sleep . Reduce caffeine later in the day, get a sleep study/CPAP, use a white noise machine, breath-rite strips, better mattress, supplements/Rx as needed



White Noise Machine

- Expect the first 1-2 weeks to be fairly sore and then your body will adapt with consistency
- Concerning chronic and acute injury and pain, in general come to the gym as movement is medicine and we will modify as needed. Stay home for the day and possibly seek



medical assessment if severe pain with daily tasks, discoloration, swelling, numbness, tingling, instability, and systemic symptoms (nausea, shortness of breath, etc)

- The gym standard is if pain spikes during a specific lift's warm ups than we modify
- Concerning illness, do not come to the gym if you have nausea/vomiting or fever, otherwise continue training at the gym
- Minor orthopedic injuries: MEAT {Movement (unloaded), Exercise/Training, Analgesics, Treatment (ace wrap, taping, cold/contrast therapy, healthcare assessment/treatment)}
- Rest between sets for 2-5 min+ (strength training is not done in a hurry)
- Listen to your body and STOP if concerned - we want to work hard and progress your thresholds but avoid injury
- Be honest about your medical history with your coach, as even old injuries or conditions can affect your training progress
- Online lifters video from the optimum angles as described in TrueCoach "How to Video"
- Be proud of your Personal Records in weight and volume (reps and sets)

Ryan Verdi
Strength Coach

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