

The guide to long term strength progression

Your goal is to increase your strength. Because strength gains lead to size gains. Which means a bigger butt.

5kg a month... That's how much weight you'll need to add to your big lifts every month (Squats, deadlift, lunge, presses).

...And about 2kg on your small lifts (Biceps, triceps, calf raises).

However, you can't keep on increasing forever. There is a limit to how much your body can lift.

Which means you'll have to do the following, whenever you want to effectively increase the weight that you're lifting.

#1 Note down all of the weights that you're currently lifting on the exercises (Or variations of) that you do the most.

#2 Increase the weight as described above. 5kg/2kg a month.

#3 Stop increasing the weight once you reach a month where you're failing to hit the required reps/sets.

#4 Start the next month by going back to the weights that you noted down in #1. However... You'll start this month by lifting 5kg/2kg heavier than the weights you noted down.

Note your new weights down.

#5 Keep on increasing the weight month by month again.

#6 Reset back to the new weight that you wrote down, once you reach a failing month.

#7 Start the new month by lifting 5kg/2kg more than the weight you wrote down in #4

#8 Repeat the cycle

This process is what we call progressive overload. Your strength will always increase if you do the above.

The day you reach your max weight (If ever) is the day you'll look your S-curvish best!

Now start increasing the weight.