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Regardless if we're talking about speed, strength, size or power, the same rule applies—improved physical fitness comes from constantly forcing your body to adapt to more challenging circumstances.. When it comes to weight training, the concept of overtraining your muscles beyond their current comfort zone is known as progressive overload.

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Warm up for 2-3 minutes before starting to count the time, so a 10 minute interval session will actually take 12-13 minutes. I encourage rotation throughout the week to avoid local over-training of the legs (remember you're still squatting and have

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a regular leg day or 2 every week as well), repetitive use injury potential, and quite honestly just sheer boredom.

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