


The right plan (for you)

Searching for the “best” workout will hold back your gains. Here’s what you need to know about training programs

By Sean Hyson, C.S.C.S.



T

Think about this: “Methods are many; principles are few. Methods always change but principles never do.” ¶ It’s a Ralph Waldo Emerson quote often used by trainers to describe why one workout can be as effective as another even if the two are wildly different. If you’ve been struggling to find the “best” workout program, you’d do well to heed this advice—after all, Emerson was ripped (no, we can’t verify this, but go with it, OK?). Because there’s no such thing as a perfect program, it’s a mistake to scour the planet for the next 5/3/1, Stronglifts, Starting Strength, or other trendy workout plans when simply learning what makes workouts effective can set you up for a lifetime of gains. It’s time you learned what’s been holding you back and discovered the principles behind the programs that build a muscular physique.

**OVERANALYZING
YOUR WORKOUTS
IS HALTING
YOUR GAINS.**

Prop styling by Angela Campos/Stockland Martel