



Soreness Rules

| Criterion | Action |
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| 1.) Soreness during warm-up that continues | 2 days off, drop down 1 step |
| 2.) Soreness during warm-up that goes away | Stay at step that led to soreness |
| 3.) Soreness during warm-up that goes away but redevelops during session | 2 days off, drop down 1 step |
| 4.) Soreness the day after lifting (not muscle soreness) | 1 day off, do not advance program to next step |
| 5.) No soreness | Advance program 1 step per week or as instructed by healthcare provider |