**Self-assessment tool to monitor intensity**

**A useful alternative method to work out resistance weight, sets and reps**

This could be a helpful strategy for your client to use when they are working out independently. Make it clear that this is guidance only – the workout is under the control of the client and so they must assume the risk and take ownership of their progressive workout.

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| **Self-assessment tool:** Exercise Intensity Indicator |
| Ask yourself these questions after each exercise. |
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| 1. **Were you able to complete two sets of ten repetitions in good form?** |
| No: Reduce the weight to an amount that you can lift ten times with good form; rest for one or two minutes, then repeat for a second set. |
| Yes: Please continue to question two. |
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| 1. **After completing ten repetitions, do you need to rest because the weight is too heavy to complete more repetitions in good form?** |
| Yes: You are most likely working at the proper intensity and should not increase the weight or resistance |
| No: Please continue to questions three and four for guidance on how you might safely increase the intensity of your workout. |
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| 1. **Could you have done a few more repetitions in good form without a break?** |
| Yes: If you can do only a few more repetitions (not the entire next set of ten without a break), then at your next workout you could do the first set of repetitions with your current weight and your second set with the next weight up. For example, if you're currently using one-pound dumbbells, consider using two- or three-pound dumbbells for your second set. |
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| 1. **Could you have done twenty repetitions at one time, without a break?** |
| Yes: At your next session, consider using heavier weights for both sets of repetitions. |