
Progressive overload is usually used in resistance training but can be applied to cardio exercise as well. Progressive overload is when you gradually change a variable in your training routine. These changes and progressions are beneficial to aiding you in avoiding a plateau. Progressive overload helps to challenge your body and allows you to get stronger.

Progressive overload can happen by:

1. **Increasing Volume:** Performing more reps or sets.
2. **Increasing Intensity:** In other words increase the weight of resistance.
3. **Increasing Frequency:** Increasing the frequency in which you train a week or even increasing the frequency of training a certain muscle group.
4. **Increasing time under tension:** Meaning spend more time on the eccentric or the lowering portion of the movement.

It is always important to gradually progress to avoid injury and should only be done after you have mastered the exercise with proper form.

