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Different types of weight training

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gym 3 times per week, which may not feel like much if you're used to higher frequency training programs. It only includes three exercises, which can get boring. The Greg Nuckols Beginner Strength Training Program is one of the best programs for people who are either completely new to strength training or people who've plateaued on simpler programs like Starting Strength or StrongLifts 5×5, who want to get as strong as possible as fast as possible, and who are willing to do a little more math to reach their goal faster. If you want to gain muscle and strength as efficiently as possible, then you need to follow a strength training program. There are a zillion programs out there, but the one you choose needs to fulfill these 5 criteria: It needs to include progressive overload. It needs to have the right amount of volume (in the right places). It needs to include the right frequency. It needs to include enough rest between sets. It needs to be fun. If you're still making consistent gains on your current strength training program, then don't change a thing—stay the course and try something new when you hit a plateau. If you're stuck, though, and you're taking care of everything outside the gym (sleeping enough, eating right, keeping stress under control, etc.), then it's time to change your training program. And if that's the case, chances are good you'll start setting PR's by following one of these 12 strength training programs: The Bigger Leaner Stronger Training Program The Thinner Leaner Stronger Training Program Starting Strength StrongLifts 5×5 The Classic Push Pull Legs Routine The Texas Method Jim Wendler's 5/3/1 Lyle McDonald's Generic Bulking Routine The Classic Upper Lower Training Program The Eric Helms Novice Bodybuilding Program Reverse Pyramid Training The Greg Nuckols General Beginner Strength Training Program If you have any questions about which strength training plan to choose, let me know in the comments and I'll help you decide. Happy lifting! If you liked this article, please share it on Facebook, Twitter, or wherever you like to hang out online! What's your take on the best strength training programs? Have anything else to share? Let me know in the comments below! + Scientific References Readers' Ratings 4.97/5 (60)

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