

Continue































in fewer sessions makes it a great alternative that can have incredible results. While there may be limits to training volume and constraints on time, this can be easily remedied by expanding to split day training when you are ready to advance. And if you are thinking about full body training, be sure to follow a schedule, track your nutrition, and prioritize protein. Nail these three elements, and you will reach your goal in no time! So, are you thinking about trying a full body workout? What is it about this type of training that has caught your eye? Let us know in the comments. Yes, you can do a full body workout every other day. However, it is not recommended training that way on back-to-back days as the body will not have had adequate time to rest and recover. Between 48-72 hours rest between sessions is recommended for your body to repair damaged muscle tissue and replenish muscle energy stores. You should not perform full body workouts every day as you will not be giving the body enough rest to repair damaged muscle tissue and recover energy. While it is possible, you may be fighting through muscle soreness and fatigue, which will impair performance. You can do full body workouts three or four times per week which will allow you enough rest between sessions. Yes, it is bad to do full body workouts every day. While it may not immediately result in negative effects, training like this over a prolonged period of time may result in overtraining. Overtraining involves a disinterest in training, fatigue, changes in mood, and injury. Yes, it is completely fine to train every other day as there is still a rest day in between sessions. One day of rest between sessions is enough time for the body to recover from exercise. Choosing between full body and split workouts comes down to your training goals, experience level, and personal preference. Many newcomers to the gym enjoy a full body session as it allows them to gradually begin weight training. However, once the stimulus of one or two exercises per muscle group begins to plateau, this is when many opt-in for split programming. Splits let them increase the number of exercises, sets, and reps for greater growth. No, training full body three times per week is perfect for building lean muscle while giving the body enough time to rest and recover. If you are performing a full body program you should aim to train every other day. If you are performing a split program it is possible to train on back-to-back days.