

EXERCISE SAFETY CHECKLIST

I. Master Proper Form and Technique

- ☐ *Learn from Reputable Sources: Have you consulted qualified trainers or instructional videos to understand the correct form for each exercise?*
- ☐ *Start Light: Are you beginning new exercises with bodyweight or very light resistance to focus on mastering the movement first?*
- ☐ *Check Your Reflection: Are you using mirrors or recording yourself to observe and correct your form?*
- ☐ *Seek Feedback: Are you asking knowledgeable spotters or trainers for feedback on your technique?*

II. Listen to Your Body

- ☐ *Distinguish Pain from Soreness: Do you know the difference between normal muscle soreness and sharp, sudden, or persistent pain?*
 - ☐ *Stop If It Hurts: Do you immediately stop exercising if you feel sharp, sudden, or persistent pain?*
 - ☐ *Avoid Pushing Through Pain: Are you refraining from pushing through pain that could worsen an existing issue?*
 - ☐ *Recognize Fatigue: Are you paying attention to signs of excessive fatigue or overtraining that could compromise your form?*
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III. Gradual Progression is Key

- ☐ *Allow for Adaptation: Are you giving your body enough time to adapt to new stresses and avoiding rushing your progress?*
- ☐ *Follow the 10% Rule: Are you limiting weekly increases in training volume, intensity, or duration to no more than 10%?*
- ☐ *Incremental Overload: Are you gradually adding reps, sets, or weight to progressively challenge your muscles?*
- ☐ *Slow Introduction of New Exercises: When incorporating new or complex exercises, are you taking your time to learn and integrate them slowly into your routine?*
- ☐ *Vary Your Workouts: Are you incorporating different types of exercise (strength, cardio, flexibility) to work various muscle groups and reduce repetitive stress?*

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