

# PLATEAU-BREAKING PROTOCOL

Every plateau has a cause and a solution. This worksheet forces you to find both before you train again.

## THE PLATEAU DIAGNOSIS

---

*Define the plateau precisely before you try to break it.*

How long I have been at the same level:

The exact number or variation I am stuck at:

What I think is causing the plateau:

## THE VARIABLES

---

*Only change one variable at a time or you won't know what worked.*

Volume — current sets and reps per session:

Frequency — sessions per week:

Variation — what I will add or change:

Recovery — days between hard sessions:

## THE PROTOCOL

---

*Write the protocol. Run it for two weeks. Review the result.*

My plateau-breaking protocol for the next two weeks:

When I will review whether it is working:

---

Growth lives on the other side of action.