



PLATEAU BREAKTHROUGH STRATEGY

A plateau is not failure. It is your body telling you something has to change. Find what that is and act on it now.

THE PLATEAU

State it clearly – when did progress stop?

How long I have been stuck at the same number:

The rep count or variation I am stuck at:

THE CAUSE

Dig past the surface – lack of variation, recovery, form, or volume?

What I think is causing the plateau:

THE BREAKTHROUGH PLAN

One specific change. Not five ideas – one action starting now.

One thing I will try next to break past it:

How I will know if it is working and when I will review it:

Growth lives on the other side of action.