

Published based on [Muscle And Fitness - 8 Tips For Increasing The Intensity Of Your Exercise](#)

Muscle And Fitness - 8 Tips For Increasing The Intensity Of Your Exercise

by Gary Gui

Are you sure you are performing your muscle and fitness exercises correctly. A common difficulty a muscle builder faces is if he or she has trained each muscle fiber that was supposed to be trained optimally during a specific exercise. It's only by obtaining this that you can maximize your [gain muscle mass](#) efforts.

How do you handle this? Simple; increase your workout intensity. Doing so, your exercise will always be challenging and you will continually engender progress and thus prevent regression. Which specific steps should you take to intensify your workout? Below, we have listed the 8 major proven methods of intensifying your workout. Use them one by one or in any combination:

1. Change or Modify the Exercise

This method will ensure maximal muscle gains by training all muscle fibers. This can be done by modifying a certain exercise, for example changing the angle that you do it in or introduce a new exercise and add it to your workout session.

2. Reduce Rest Intervals

By giving the muscles less time to recover between the reps or before next exercise, you will increase the workout intensity.

3. Increase Resistance

Increasing the weight lifted in decent increments ensures the muscle is pushed beyond its previous point of failure. This way you'll maintain the muscle building process. If you are able to do six to eight reps without failure you should increase the weight.

4. Forced Reps

Forced reps mean completing one or more final reps after the point of failure has been reached. For attempting this you'll need the assistance of an experienced helper.

5. Doing Pre-Exhaustion

In cases where a particular exercise involves two or more muscles the weakest of them will prevent you from working the primary muscle to failure. The way around this is to first isolate and tire the primary muscle before immediately moving to another exercise that works the set of muscles to failure.

6. Do Isometric Contractions.

Isometric contractions simply mean, to hold the weight still at the failure point to stimulate a static contraction in the muscle you want to train.

7. Use Partial repetitions

When reaching the point of failure you'll be unable to complete the full range of movement for a particular exercise. A technique for handling this is called partial reps and is using only a segment of the lift. This will still train your muscles beyond the point of failure. This technique allows you to increase intensity without making it necessary to add extra routines. This way you'll avoid over training. This technique is useful

especially if you are an advanced [muscle builder](#).

8. Supersets

This simply means doing two workouts for the same muscle group without a rest interval. Thus you'll have to utilize different muscle fibers and this will increase the growth of your muscle.

When you have included these techniques in your [muscle and fitness](#) workout regimen you can rest assured that you have done what you can to maximize the growth of your muscle mass.

You can also find this article published on [Muscle And Fitness - 8 Tips For Increasing The Intensity Of Your Exercise](#)