

Ready-Made Programs FAQ's

Q: Can I use a program if I haven't worked with a trainer before?

A: Yes! These are designed to get your foot in the door when it comes to fitness. If you feel you need further guidance, though, you can contact any of the Fitness Specialists in the BP Fitness Center for personalized workout programs.

Q: What if I don't know one of the exercises?

A: There are video demonstrations linked for every single exercise in the program. All you have to do is click on the exercise and it will redirect you to a YouTube video demonstrating proper form and tempo for that movement.

Q: What do I do if I can't do one of the exercises?

A: You can substitute, modify, or skip if necessary. Modifications vary widely depending on the exercise, if there isn't one demonstrated in the demo video you can contact any of the Fitness Specialists for additional help.

Q: What are sets?

A: Sets are the amount of times you repeat an exercise, superset, or circuit. For example, if you are doing 10 reps of squats for 3 sets, you do your 10 squats, rest, then repeat until you've done it 3 times.

Q: What are reps?

A: Reps (short for repetitions) is the amount of time you do a specific exercise. Using the previous example used above, if you have 10 reps of squats you simply perform the squat 10 times.

Q: What is a superset?

A: A superset is a set of 2 exercises performed back to back with little to no rest. For example, you perform exercise a, then as soon as you finish you go into exercise b. Once you've finished exercise b you can rest as needed then start back over with exercise a.

Q: What is a circuit?

A: A circuit is like a superset in the way it is performed. The only difference is rather than just 2 exercises, a circuit consists of 3 or more exercises.

