

Beginners

Beginners are classed as people who are either completely new or at least somewhat new to consistent weight training for example: anyone who has been weight training consistently for LESS than 6 months or has had a break from training for a significant period of time and has reinstated less than 6 months ago.

Intermediates

Intermediates are classed as people who have been training consistently for 6 months or more, which has resulted in a base level of strength and muscle, improved work capacity, volume tolerance to some degree, and holds a near perfect form on every exercise which they have participated in. Many trainees will fall into this category.

Advanced

Advanced trainees are considered to be at the highest weight training experience level there is, however, trainees may have not yet met their desired goals and wish to gain a more stable structure to their workouts. It can take somewhere between 2 to 5 years plus for trainees to reach this level. This is the category the least number of people fall into.

If you are unsure of your level, then you are most likely to be in one of the above levels and should not participate in advanced training.

Please ensure that you are realistic about your experience before participating in any training activity as training at the incorrect level can lead to injuries that might have otherwise been prevented.