

Hit a New PR in Lifting: Tips and Tricks

- Set PR goals appropriate for each individual client. Don't push any one individual past their limits or set goals they can't achieve.
- If a client has a big goal to achieve, work toward it with smaller PRs, hitting them one at a time.
- Train for the PR attempt, but also include a variety of strength and lifting routines for overall fitness.
- Put a lot of time into squats. This one exercise strengthens so much of the body and prepares it for all kinds of lifts.
- Always warm up before a PR attempt. A good warm-up can make all the difference between hitting and missing a PR.
- Focus on form. Practice it over and over to make a PR easier to hit. Particularly focus on foot position. Bad foot positioning can screw up a lifting attempt.
- Take enough time in between lifting attempts for the body to recover and for the mind to be prepared to do it again.
- Know when to quit. Your client just pushed it to the max, so it's often best to walk away after a PR and call it a day to avoid injury.
- Prepare your client for failures. Discuss what failure means before it happens. It is simply part of the process and one more step to PR success on another day.

