WHEN TO ADD WEIGHT

READY FOR WEIGHTS? CHECK ALL FOUR.

1 **Bodyweight is clean**

Full sets of the bodyweight version with good form, every rep.

2 **Follows coaching cues**

Listens, adjusts, and stops when told.

3 **A qualified coach is watching**

Every session, not just the first one.

4 **Recovers well**

No pain that hangs around into the next day.

Age is a guide. Readiness decides. →