Frequently Asked Questions

Training Guide · https://www.fitnessacademy.com/help-center/frequently-asked-questions/

FLEX Program Tracks

What's the difference between FLEX Full Gym and FLEX Dumbbell? FLEX Full Gym uses complete gym setups with barbells, racks, cardio machines, and full equipment range. FLEX Dumbbell uses dumbbells only. Both tracks follow identical programming principles, movement patterns, and training concepts. Dumbbell is not an easier version, just adapted for different equipment availability.

Can I switch between FLEX Full Gym and FLEX Dumbbell? Yes, both tracks target the same movement patterns and energy systems. You can switch based on your current training location or equipment access without disrupting your progress.

Will I get the same results with FLEX Dumbbell? Yes, both tracks follow the same framework and periodization. FLEX Dumbbell uses exercise variations that create equivalent training stimuli to the full equipment versions.

Workout Structure & Format

What are supersets? Supersets are two exercises performed back-to-back with designated rest in between. Giant sets involve 3+ exercises in sequence (3 exercises specifically is called a tri-set). Adhere to prescribed rest periods as they're designed to create specific training responses.

What are time caps? Time caps indicate maximum workout duration to help with pacing. A 20-minute cap suggests sustained pace vs. a 10-minute cap. They inject urgency, promote safety, and allow performance comparison across fitness levels. Don't worry if you don't finish, just record rounds and reps completed.

What does "AMRAP" mean? As Many Rounds/Reps As Possible within the given time frame.

What does "EMOM" mean? Every Minute On the Minute. Perform prescribed work at the start of each minute, rest for the remainder of that minute.

What does "For Time" mean? Complete the prescribed work as quickly as possible while maintaining good form and appropriate pacing.

Do I have to do all 4 workout parts? For best results, yes. Minimum effective workout: Prep Work + Strength Work OR Prep Work + Conditioning Work. Never skip Prep Work entirely.

Can I change the exercise order? No, exercises are ordered for safety and performance. Compound movements come first when you're fresh, followed by accessory work.

Weight Selection & Progression

How do I know if I'm using the right weight for Strength Work? You should have 2-3 reps left "in the tank" after each set with good form. If you could easily do 5+ more reps, increase weight for the next set. If you can't complete the minimum reps in the range with good form (for example, if the range is 8-12 reps and you can only complete 6-7 reps), decrease the weight.

How do I know if I'm using the right weight for Conditioning Work? Generally, you should be able to complete the first round unbroken with good form while maintaining the prescribed pacing. If you can't, the weight is too heavy. You shouldn't need prolonged breaks between movements or have to break up sets excessively. For example, breaking 12 thrusters into 6 smaller sets right at the start indicates the weight is too heavy.

What if I don't have the exact weight needed? Use the closest available weight. For Strength Work, it's better to go slightly lighter and maintain good form. For Conditioning Work, always err on the lighter side to maintain movement quality and pacing.

Should I increase weight every workout? For Strength Work: No, focus on consistency within rep ranges first. Only increase when you can complete all sets at the top of the rep range with proper RIR. For Conditioning Work: Weight selection depends on the specific workout demands and prescribed pacing, not progressive overload.

What if I'm getting stronger but the program says to use the same weight? Follow the program's progression. Some weeks focus on volume, others on intensity. This applies mainly to Strength Work. Conditioning Work weights vary based on workout format and pacing requirements.

Scheduling & Frequency

How many days per week is FLEX? FLEX is a 5-day program. If needed, it can be adapted to 4 days by skipping Day 3. Check out our Training Schedule for details.

What if I miss a workout? Continue with the next day in schedule. Don't try to make up missed sessions by doubling up.

Can I add extra rest days? Yes, listen to your body. Extra rest is better than training when you're not recovered.

What if I'm traveling? Switch to FLEX Dumbbell. The program is designed to be flexible. Train when you can, don't stress about missing sessions. When you return, continue with the next day in sequence.

Modifications & Substitutions

I don't have the required equipment - what do I do? Check the substitution guides in your member resources. When in doubt, choose bodyweight alternatives that match the movement pattern.

Can I substitute exercises I don't like? Stick to the program as written when possible. If you must substitute, use the provided guides to maintain the same movement pattern and training stimulus.

What if I have an injury? Modify exercises to work around limitations, but consult a medical professional for injury-specific guidance. Post in the Facebook group for modification suggestions.

Intensity & Effort

"Intensity" means different things depending on the type of training. For Strength Work, it refers to how close you are to muscular failure. For Conditioning Work, it refers to your power output and work capacity.

What does "intensity" mean for Strength Work? How close you are to muscular failure on each set, measured by RIR (Reps in Reserve). Hypertrophy focused training (6-12 reps) benefits from training closer to failure. Strength focused training (1-5 reps) prioritizes handling heavy loads over proximity to failure.

What does "intensity" mean for Conditioning Work? Your power output and how much work you perform in a specified time, typically 70-90% of maximum heart rate. The goal is to challenge your cardiovascular system and work capacity.

How hard should I be working in Strength Work? For hypertrophy: 1-3 reps in reserve, closer to failure preferred. For strength: 2-3 reps in reserve, focus on heavy loads. Challenge yourself within prescribed rep ranges while maintaining good form.

How hard should I be working in Conditioning Work? Match prescribed pacing guidelines (Forever, Sustainable, Aggressive, All-Out). Shorter rest periods emphasize anaerobic conditioning, longer rest allows higher quality work output.

What if I'm not sweating or breathing hard? Sweat isn't a reliable indicator. Focus on hitting prescribed rep ranges with appropriate RIR (Strength Work) or maintaining prescribed pacing with good form (Conditioning Work).

Am I working hard enough if it feels "easy"? If you're hitting proper RIR targets or pacing guidelines, you're working appropriately. Some days feel easier due to good recovery and adaptation.

Recovery & Soreness

I'm really sore, should I still train? Muscle soreness is normal. Start with Prep Work and assess. You can often reduce intensity while maintaining movement quality. Sharp pain means stop.

How long should I rest between sets? Follow the prescribed rest periods. Generally 2-3 minutes for strength work, as indicated for conditioning work.

What if I feel tired all the time? Check sleep, nutrition, and life stress. Consider if you're pushing too hard too often. Recovery is when adaptation happens.

Results & Progress

When will I see results? Strength: 2-4 weeks. Muscle growth: 4-8 weeks. Conditioning: 2-6 weeks. Body composition: 6-12 weeks. Consistency matters more than perfection.

I'm not getting stronger, what's wrong? Are you eating enough? Sleeping 7+ hours? Following the program consistently? Managing life stress? Progress isn't always linear.

Can I test my max lifts? Occasionally for assessment, but don't base your training on percentages. The program uses RIR for a reason.

Nutrition & Lifestyle

Do I need to eat more when training? Generally yes, especially protein. Adequate nutrition supports recovery and adaptation. Consult nutrition resources or professionals for specifics.

How important is sleep? Critical. Poor sleep impairs recovery, performance, and results. Aim for 7-9 hours nightly.

Can I do other activities outside the program? Yes. Go hiking, play sports, climb mountains, do whatever you enjoy. This is the whole point of our training philosophy: to give you the fitness foundation to confidently tackle any activity. When you return to training, continue with the next day in sequence.

Technical Questions

What's the difference between RIR and RPE? RIR (Reps in Reserve) and RPE (Rate of Perceived Exertion) are the same concept with an inverse relationship. RIR asks "how many more reps could I do?" while RPE asks "how hard does this feel on a 1-10 scale?" For example, 2 RIR roughly equals 8 RPE, and 0 RIR equals 10 RPE (failure).

We use RIR for strength work because it's more intuitive. It's easier to think "I have 2 more reps left" than "this feels like an 8 out of 10." For conditioning work, we use specific pacing guidelines (Forever, Sustainable, Aggressive, All-Out) because they're more practical for the varied workout formats and time domains.

What if I can't count my RIR accurately? It takes practice. Occasionally take a set to failure to calibrate. Over time, you'll get better at estimating.

Getting Help

How do I access the Facebook community? Join our private Fitness Academy Members Facebook Group using the same email address from your membership signup.

When should I ask for help in the Facebook group? Use the group for all training-related support: exercise substitutions, form checks, injury modifications, programming questions, and motivation. For account, billing, or technical issues, contact support through the Account Help section.

What information should I include when asking for help? Be specific about your limitation, mention what you've already tried, and include relevant details like available equipment or injury specifics.

Can I get personalized program modifications? The program is designed to work for most people with the provided modifications. For extensive personalization, consider working with a qualified trainer.