

# what is an exercise regression

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## What Is an Exercise Regression and How Can It Benefit Your ...

Exercise regression refers to the process of modifying an exercise to make it easier or more accessible for individuals, particularly those who may be new to fitness, recovering from an injury, or facing physical limitations.

## Understanding Exercise Regression: What It Is and How It Can ...

What is exercise regression? Exercise regression refers to the practice of modifying and scaling back a particular exercise in response to various factors such as physical limitations, injuries, or a decrease in performance.

## What is an Exercise Regression: Examples Of Exercise Regression

In simple terms, exercise regression means making an exercise easier. In other words, it means making certain exercises easier and achievable to individuals at different levels of fitness.

## What Is an Exercise Regression and When Should You Use One?

Exercise regression is a deliberate technique focused on decreasing the overall demand or complexity of a physical movement. It is the opposite of progression, which incrementally increases the difficulty of an exercise to push adaptation.

## Exercise Regression Explained (For Coaches) - Hevy Coach

Exercise regression is the act of modifying a movement to make it easier for an athlete or coaching client. It is a necessary part of fitness, as it allows people to perform movements that better suit their fitness abilities or account for limitations, such as an injury.

## Exercise Regression - Brookbush Institute

Exercise regression refers to decreasing the demand of an exercise to reduce stress. Generally, regressions are used to decrease the demand on tissues, improve the rate of recovery, or enhance learning by decreasing the gap between the individual's current level of ability and the challenge provided by the exercise.

# **What Is an Exercise Regression? - ZOZOFIT**

An exercise regression is the act of modifying an exercise to make it easier. Some trainers or fitness instructors may refer to these as "modifications." Why Are Exercise Regressions Important? Exercisers have a wide range of body types, strengths, weaknesses, range of motion, and experience levels.