

The Priority Principle

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We all have our weak points, no matter how advanced we may be or how good our genetics are. Just one lagging part can be the difference between placing 1st or 15th in a contest. While there are many methods used to bring up lagging body parts, I feel that there are none better than the good old fashion priority training principle.

This Principle means giving any area of your body that is lagging behind the others special priority in your workout schedule. There are several ways to apply the priority principle:

- You can schedule a specific body part so that you train it first day of the week, when you are fresh, rested, and strong!
- You can work a body part at the beginning of your workout instead of later, when you are more worn out.
- You can choose exercises specifically designed to achieve the kind of development you are looking for (size, shape, definition, separation, etc.)
- You can work on making your basic training technique better to increase the efficiency and effectiveness of your workouts.
- You can change your training program so that you include extra intensity training for any lagging body part, such as making use of a variety of Intensity Techniques.

The priority principle is a staple in my bodybuilding regimen. I use it to enhance the size of my legs, to make my arms bigger, biceps peak higher, create more separation in my shoulders or to improve any weak area of my physique!

The problem is that too many people use the priority principle exclusively on their strengths and ignore their weaknesses. You might already have a huge upper body and continue to prioritize it over your lagging lower body. Or you may have great quads and bad hamstrings. Remember bodybuilding is just as much symmetry as it is size! My whole point is that besides genetics our lagging body parts are usually the result of a lack of concentration. If you concentrate on them they will respond.