

Fatigue



1 - No fatigue



2 - Mild fatigue



3 - Moderate
fatigue



4 - Severe
fatigue



5 - Unbearable
fatigue

Muscle pain/Soreness



1 - No pain



2 - Mild pain



3 - Moderate
pain



4 - Severe pain



5 - Unbearable
pain

≤ 4: you are ready for good sweating, perfect state for a **strength workout**

5 - 6: you are ready for a mild to moderate workout, a **20-30-min cardio** routine is perfect for your state

7: have a rest day or do a **stretching routine**; do some **rehabilitation exercises** aimed at the aching joints/muscles

8 - 10: **take a rest**, have a good sleep, do a light workout the next day or **talk to your doctor** if your state is not getting better, reduce the load/duration of the workout preceding this state