

# **Fitness Tip of the Day: Use a Full Range of Motion**

I often see people adding weight to an exercise and with each subsequent increase the range of motion decreases. This gets to the point where their entire set consists of a bunch of half or quarter reps.

Do yourself a favor and use a full range of motion focusing on lowering the weight under control, holding it for a slight pause at the bottom/stretch position and then raising the weight with some authority but under control.