

Controlled bodyweight A

Reviewed 31 October 2026 · General adult education

35–45 min · Stable chair, clear floor and wall

Before starting: use the pathway readiness check. These sheets are for adults without symptoms or restrictions affecting exercise. Experienced sheets require familiar technique. A matched result is not medical clearance.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Effort & preparation

Stop with about 2–3 good repetitions in reserve. Use controlled movement; do not add unstable surfaces or make this a speed circuit.

6–8 min of easy walking and comfortable arm movements, followed by a few unloaded rehearsals.

Rest 90–120 seconds between sets.

01 Supported split squat | 3 sets × 8 each side

Hold a fixed support, feet staggered and hip-width apart. Bend both knees a comfortable amount, keep the front heel planted, then rise. Complete both sides, then rest.

Easier option: Chair sit-to-stand, 2 × 8.

02 Wall or stable incline push-up | 3 sets × 8–12

Use a wall or a fixed, non-slip surface; bend and straighten elbows with control.

Easier option: Choose the wall.

03 Glute bridge | 3 sets × 10–12

Lie with knees bent and feet planted. Lift hips comfortably and lower without arching.

Easier option: Skip if floor access is difficult.

04 Bird dog | 2 sets × 5 each side

On hands and knees, reach one arm and the opposite leg only as far as you can keep the trunk still. Pause 2 seconds; return and change sides.

Easier option: Move one arm or leg at a time, or practise standing with hands against a wall.

Finish: 3–5 min easy movement. Bodyweight work can be useful; this is not equivalent to heavy lifting or a complete pulling programme.

Record this session

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Controlled bodyweight A · Use the instructions on the preceding page(s).

Date / session start	
Sleep / energy beforehand	
Exercises: load, reps by set	
Effort / reps left in reserve	
Comfort / recovery afterwards	

Choose your next step

Comfortable and on target: repeat. Harder than intended: use an easier option or less resistance next time. Poorer recovery: rest or use the easier-day sheet. Symptoms: stop and follow the safety guidance.

For strength only: after two comfortable sessions at the top of the stated repetition range with the intended reserve, optionally make the smallest familiar load increase and return to the lower repetition count. Do not also add sets. There is no automatic weekly progression.

Aerobic work: repeating the same manageable dose is useful. Do not automatically add speed, duration or intervals.

What I will repeat or change	
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Sources & editorial limits

Resistance training: ACSM 2026

<https://acsm.org/resistance-training-guidelines-update-2026/>

Warming up: NHS

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

Sources inform general principles; they have not tested or endorsed these exact KYH workouts. Original editorial templates, AI-assisted, not independently reviewed by a clinician.