

# Experienced strength session

Reviewed 31 October 2026 · General adult education

45–60 min · Familiar gym equipment and established technique

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

Keep about 2–3 repetitions in reserve. No max testing, grinders or training-to-failure challenges.

8–10 min easy movement and progressively heavier rehearsal sets. Rehearsal sets are not working sets.

Rest 2–3 minutes between main working sets; extend the session or reduce sets rather than cut needed rest.

### 01 Goblet squat | 3 sets × 6–8

Hold a familiar dumbbell at your chest with both hands. Set feet in a comfortable stable stance, bend knees and hips within your controlled range, then stand. Keep the weight close and breathe throughout.

Easier option: Chair sit-to-stand, 2 × 8–10, with no added weight.

### 02 Dumbbell floor press | 3 sets × 6–8

Only with comfortable floor access and familiar handling: lie with knees bent, upper arms gently touching the floor, elbows about 30–45 degrees from your torso. Press upward with wrists straight; lower gently.

Easier option: Wall push-up, 2 × 8–12.

### 03 Chest-supported dumbbell row | 3 sets × 6–8

Lie chest-down on a familiar stable incline bench, feet grounded. Draw elbows toward your hips without lifting the chest; lower slowly.

Easier option: Use the familiar supported row machine; otherwise standing shoulder-blade squeezes, 2 × 10, without load.

Finish: 5 min easy movement. Record the resistance and reserve for every set. This is general strength work, not an event taper.

# Record this session

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Experienced strength session · 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 |  |
|------------------------------|--|

## Sources & editorial limits

Resistance training: ACSM 2026

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

Training and competition load: IOC consensus

<https://doi.org/10.1136/bjsports-2016-096581>

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.