

Recreational strength support

Reviewed 31 October 2026 · General adult education

35–45 min · Dumbbells or familiar gym machines; familiar setup

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

Finish sets with about 2–3 repetitions in reserve. Loads are chosen from familiar technique, not your age or body size.

8 min easy activity plus lighter rehearsal sets of each familiar movement.

Rest 90–150 seconds between sets. Breathe normally; do not force repetitions.

01 Goblet squat | 2 sets × 8–12

Hold a familiar dumbbell close to your chest with both hands. Feet steady in a comfortable stance; bend at knees and hips, keeping heels planted. Use a range you control, then stand. Breathe throughout.

Easier option: Chair squat without added load.

02 Dumbbell Romanian deadlift | 2 sets × 8–10

Only if already practised: soften knees, hinge at the hips with weights close, then stand. Stop before the back rounds or movement becomes uncomfortable.

Easier option: Use the glute bridge described in the foundations sheet; use supported standing hip extension if floor access is difficult.

03 Familiar chest press or incline push-up | 2 sets × 8–12

Keep the shoulder position comfortable; move with control.

Easier option: Wall push-up.

04 Chest-supported dumbbell or machine row | 2 sets × 8–12

Use a familiar setup, support the trunk and draw elbows back without jerking.

Easier option: Use a lighter familiar load. If the setup is unfamiliar, use the band-free shoulder-blade squeeze described in the band sheet.

Finish: 3–5 min easy movement. Leave optional accessories out if time or recovery is limited.

Record this session

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Recreational strength support · 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.