

Team & court support B

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 Dumbbell Romanian deadlift | 2 sets × 8–10

Use an already familiar hinge: knees soft, weights close to the legs, hips moving back. Stop before your back rounds; stand without leaning back.

Easier option: Glute bridge, 2 × 8–12, or supported standing hip extension, 2 × 8 per side.

02 Low step-up | 2 sets × 6–8 each side

If a fixed low step and handrail are unavailable, use the chair sit-to-stand alternative. Use a fixed low step, a handrail and clear space. Place the whole foot on the step; stand without jumping and lower slowly. Finish both sides, then rest.

Easier option: Chair sit-to-stand, 2 × 8; do not use a chair as a step.

03 Wall or stable incline push-up | 2 sets × 8–12

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

Easier option: Choose the wall.

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. Leave optional accessories out if time or recovery is limited.

Record this session

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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.