Team & court support A

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 Supported split squat | 2 sets × 6–8 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 Dumbbell floor press | 2 sets × 8–12

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 | 2 sets × 8–12

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.

04 Supported calf raise | 1–2 sets × 8–12

Hold a solid support. Rise onto the balls of your feet and lower with control.

Easier option: Use a smaller range or fewer repetitions.

Finish: 3–5 min easy movement. No cutting or jumping is added; preserve existing practice and match days.

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	

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.