

# Muscle-building practice B

Reviewed 31 October 2026 · General adult education

45–60 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 2 minutes between working sets; longer if needed.

### 01 Dumbbell Romanian deadlift | 3 sets × 8–12

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 Supported split squat | 2 sets × 8–10 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.

### 03 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.

### 04 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.

Finish: 5 min easy movement. This is a moderate starting volume, not a claim that this dose maximises muscle growth.

# Record this session

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Muscle-building practice B · 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/>

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.