Week 1 — Establish your baseline

Reviewed 31 October 2026 · General adult education

Use the lower end of each repetition range. Select a familiar resistance that leaves the stated repetitions in reserve. Record what you actually complete.

Use your matched online schedule and session sheets. This blank record does not add sessions. For aerobic or recovery work, repeat the manageable dose; the load-progression rule above is for strength exercises only.

Session 1 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 2 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 3 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Weekly review

What worked / what needs changing	

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Week 2 — Repeat and compare

Reviewed 31 October 2026 · General adult education

Repeat the same week if comfortable. Keep the resistance unchanged. For a strength exercise that felt controlled, add one repetition within its stated range; otherwise repeat or reduce.

Use your matched online schedule and session sheets. This blank record does not add sessions. For aerobic or recovery work, repeat the manageable dose; the load-progression rule above is for strength exercises only.

Session 1 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 2 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 3 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Weekly review

What worked / what needs changing	

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Week 3 — Choose one small change

Reviewed 31 October 2026 · General adult education

Only after two comfortable sessions at the top of the repetition range with the intended reserve: optionally use the smallest familiar load increase, then return to the lower end. Do not also add sets. With bodyweight, repeat the dose; a harder variation is optional, not required.

Use your matched online schedule and session sheets. This blank record does not add sessions. For aerobic or recovery work, repeat the manageable dose; the load-progression rule above is for strength exercises only.

Session 1 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 2 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 3 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Weekly review

What worked / what needs changing	

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

Week 4 — Consolidate and review

Reviewed 31 October 2026 · General adult education

Repeat the most manageable week. If fatigue has increased, choose the easier-day sheet instead of demanding work. Review your log before building another block; no maximal test or automatic weekly escalation.

Use your matched online schedule and session sheets. This blank record does not add sessions. For aerobic or recovery work, repeat the manageable dose; the load-progression rule above is for strength exercises only.

Session 1 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 2 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Session 3 — complete only if scheduled

Date / sheet / planned time	
Exercises: load and reps by set	
Effort / reserve / recovery	

Weekly review

What worked / what needs changing	

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.