

Home Workout Log - Week 1

A / B / C on nonconsecutive days, or rotate sessions on a two-day schedule.

Learn the movements; choose manageable variations. One-set starting option is available.

Usual plan: 2 work sets, 2-3 good reps left. Rest 90-120s for strength, 60-90s for trunk.

Dates / equipment / starting version

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; dead bug 5-8/side.

Session A: date, variation, load, reps per set and effort

RDL 6-10; floor press 6-10; row 8-12/side; split squat 6-8/side; hold 15-25s/side.

Session B: date, variation, load, reps per set and effort

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; one trunk option.

Session C: date, variation, load, reps per set and effort

Recovery / next-session adjustment (do not diagnose symptoms from this log)

Home Workout Log - Week 2

A / B / C on nonconsecutive days, or rotate sessions on a two-day schedule.

Add reps within the range only when the previous work stays controlled.

Usual plan: 2 work sets, 2-3 good reps left. Rest 90-120s for strength, 60-90s for trunk.

Dates / equipment / starting version

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; dead bug 5-8/side.

Session A: date, variation, load, reps per set and effort

RDL 6-10; floor press 6-10; row 8-12/side; split squat 6-8/side; hold 15-25s/side.

Session B: date, variation, load, reps per set and effort

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; one trunk option.

Session C: date, variation, load, reps per set and effort

Recovery / next-session adjustment (do not diagnose symptoms from this log)

Home Workout Log - Week 3

A / B / C on nonconsecutive days, or rotate sessions on a two-day schedule.

Increase load only after the top rep range is comfortable on two exposures.

Usual plan: 2 work sets, 2-3 good reps left. Rest 90-120s for strength, 60-90s for trunk.

Dates / equipment / starting version

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; dead bug 5-8/side.

Session A: date, variation, load, reps per set and effort

RDL 6-10; floor press 6-10; row 8-12/side; split squat 6-8/side; hold 15-25s/side.

Session B: date, variation, load, reps per set and effort

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; one trunk option.

Session C: date, variation, load, reps per set and effort

Recovery / next-session adjustment (do not diagnose symptoms from this log)

Home Workout Log - Week 4

A / B / C on nonconsecutive days, or rotate sessions on a two-day schedule.

Review performance and recovery. Repeat, continue or reduce work as needed.

Usual plan: 2 work sets, 2-3 good reps left. Rest 90-120s for strength, 60-90s for trunk.

Dates / equipment / starting version

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; dead bug 5-8/side.

Session A: date, variation, load, reps per set and effort

RDL 6-10; floor press 6-10; row 8-12/side; split squat 6-8/side; hold 15-25s/side.

Session B: date, variation, load, reps per set and effort

Squat 6-10; incline push-up 6-10; row 8-12/side; bridge 8-12; one trunk option.

Session C: date, variation, load, reps per set and effort

Recovery / next-session adjustment (do not diagnose symptoms from this log)