

Strength & Recovery Record

Use training observations to plan; this sheet cannot measure or diagnose testosterone.

Two nonconsecutive strength days. Start with 1-2 sets as described in the article.

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

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

Rest 90-120 seconds for strength sets; longer when needed. Keep 2-3 good reps left.

Week / dates / planned training days

Session A: variation, load, actual reps per set, effort

Session B: variation, load, actual reps per set, effort

Walking / other activity and recovery observations

Next adjustment: repeat, reduce work, add reps or discuss persistent symptoms

Stop for sharp/increasing pain. Persistent symptoms need assessment, not a harder workout.