

Progressive Overload

PrimeForMen | Practical worksheet | September 18, 2026

Choose ONE exercise and a repeatable setup.

Example: supported row, 2 sets of 8-12 reps per side.

Record weight PER dumbbell, support, range, rest and effort.

Example results: 9/8, then 10/9. These are examples, not targets.

If control and effort are appropriate, try one more rep next time.

At 12/12, confirm controlled performance on another exposure.

Then try a small load increase and return toward 8 reps.

If the next load is too large, keep the old load.

Poor sleep / unusual fatigue / changed setup? Repeat before judging.

Persistent stall: review the full week before adding sets.

Do not increase reps, load and sets together.

Exercise / setup / rep range / rest / load units

Session dates / load / each set / estimated reps remaining

Decision and reason: repeat, add one rep, add load, or simplify

Instructions and adaptations: primeformen.com/progressive-overload/

Educational example, not individualized care. Stop for pain or unusual symptoms.