

Unilateral Training: Left / Right

Record the same setup. Differences are observations, not a diagnosis.

Use the article for exercises and volumes. Keep 2-3 good reps available.

Two sets per side: left then right, rest, repeat. Do not double the sets per limb.

Date / exercise / load / support / stance or platform height

LEFT: set 1 reps, set 2 reps, effort and movement quality

RIGHT: set 1 reps, set 2 reps, effort and movement quality

Recovery or symptoms / anything different from last time

Next step: repeat, add a rep, adjust load, or arrange assessment

Stop for pain or loss of control. Do not self-treat sudden weakness with extra sets.

Full context: primeformen.com/unilateral-training/

PrimeForMen | September 12, 2026 | Editorial training aid, not individualized care.