

My home core session record

Record actual work and setup. Review one change at a time.

Date and session or drill

Exercise version and support position

Actual repetitions or hold seconds, including each side

Actual rounds and any early finish

Rest between exercises and setup notes

Control, breathing and response afterward

One change or question to review

Next practice date and what should stay consistent

Self-reported record only; this does not assess medical suitability.

Get guidance for unfamiliar movements, symptoms, restrictions or uncertainty.

Stop for pain or feeling unwell; severe symptoms can require emergency help.