

My core work inside a strength session

Count existing work before adding another block.

Date and main strength session

Existing core-demanding work, including carries

Position, support and reason for choosing it

Exercise, actual repetitions or hold duration

Left-side work and right-side work

Rests, transitions and total block time

Response and any question for an instructor

Next action: repeat, replace or review

This record does not diagnose back pain or assess exercise readiness.
A seated exercise can have a different task from a standing or floor exercise.
Count both sides and avoid adding the same loaded carry twice.