

My dumbbell setup record

Keep the handling plan beside the work you actually complete.

Date and chosen standing or individually suitable floor setup

Chair, support, floor and clear put-down location

Dumbbell model, load and units per hand

Chair rises and hinge: actual sets, reps and variation

Rows: left sets/reps and right sets/reps

Press: variation, sets/reps and any transfer arrangement

Actual duration, rests, changes and response

Next question, repeat/change decision and advice needed

General exercise information; this record does not clear exercise or assess technique.

Stop for pain or feeling unwell; unresolved symptoms need appropriate advice.

Chest pain, fainting or severe unusual breathlessness require urgent care.