

My training choice and session log

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

Date and training priority

Exercise version and setup

Load and unit: total bar weight or weight per dumbbell

Repetitions per set and estimated reps in reserve

Rest between sets and any dose adjustment

Response afterward and questions to discuss

One change to review next session

Next session 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.