

Home strength session log

Record what you actually completed; use the full guide for instructions.

Date / chosen exercises / setup

Squat: load or variation / sets / reps / rest

Push: surface or load / sets / reps / rest

Hinge: version / load / sets / reps / rest

Pull: approved setup or practice / load / sets / reps

Trunk: version / reps / breathing / rest

Recovery / symptoms / changes to the planned session

Next session: repeat or change one variable

Two nonconsecutive days. Keep 2-3 controlled reps available.

Record per-hand versus total load; do not increase every variable together.