

My A/B/C session record

Keep your chosen exercises, completed sets and next question together.

Date, session A/B/C and start time

Exercise 1: variation, load, sets and reps

Exercise 2: variation, load, sets and reps

Exercise 3: variation, load, sets and reps

Exercise 4: variation, load, sets and reps

Exercise 5: variation, load, sets and reps

Actual finish time, rests and substitutions

Response, next session and unresolved questions

An example plan does not decide personal suitability or clear exercise.

Keep both sides in the record; do not make up missed sessions by doubling work.

Stop for pain or feeling unwell; urgent warning signs need urgent care.