BUILT DAILY

GYM JRNL

MTB Off-Season: Phase One

BASE

FITNESS APPLIED

BUILT DAILY · FITNESS APPLIED

GYM JRNL

6 weeks of training, logged and read

MTB OFF-SEASON: PHASE ONE · BASE

THIS GYM JRNL BELONGS TO

NAME

START DATE

BLOCK

START HERE

1. Read the program pages. They hold the moves, the sets, the reps, and what changes each week.
2. Each week has three session logs: Day 1 Strength, Day 2 Single Side, and Day 3 Climb.
3. Sundays review the week. Week 6 reviews the program block.

Well-designed programs allow for variability in life, so workouts can be made up if they are not performed on the planned day.

BEFORE SESSION 1

WHY KEEP A GYM JRNL

Our memory is a poor training partner. It remembers the best set of the month and forgets the three weeks of ordinary work that made it possible. It is prone to self-affirming bias. It convinces us that we are good when we aren't, and that we're worse off than we really are. The log does not do that. The log in the Gym JRNL is designed to help you understand every aspect of your physical health.

Progress in the gym is small and slow. Five pounds here. One more rep there. The same set at a lower effort. None of it is visible from inside a single session. It only shows up when the numbers sit next to each other on a page, week after week.

The readiness strip at the top of every session helps assess how well the workouts will go. Sleep, energy, soreness, stress, food, and hydration all play an important role. Thirty seconds of honest marks before the first set. By week 6 you'll see which days cost the most, and which days you outperformed expectations.

READ THIS FIRST

BEFORE STARTING

General fitness information for adults 18 and over. Not medical advice. Read this page before session 1.

MY HEALTH

This book is for adults 18 and over.

Finish the PAR-Q+ at eparmedx.com and use the official version on that site. Answer every question. If any answer is yes, talk to your doctor or a qualified exercise professional first.

If you have pain, an injury, or a medical condition, talk to a doctor or a qualified professional before starting any exercise program. If you are pregnant, or had a baby in the past year, ask your doctor or midwife what is right for you before you start.

If a move hurts, stop performing it. See a doctor or physical therapist before starting again. If something feels sharp, wrong, or makes you dizzy, stop and get it checked out.

The program in this book is general fitness information from Fitness Applied. It was not written for you personally. Follow the safety notes on the program pages and on every session log.

CHEST PAIN OR PRESSURE? STOP. CALL 911.

Stop. If chest pain or pressure lasts more than a few minutes or keeps coming back, or comes with shortness of breath, a cold sweat, nausea, lightheadedness, or pain in an arm, the back, neck, jaw or stomach, call 911 (or the local emergency number) right away. Do not wait to see if it passes.

WHAT THIS BOOK IS NOT

It is not medical advice, and it is not a substitute for a professional who can assess movement quality. The program printed in this book is a general plan, not one made for your body or your history. The scores in this book are subjective ratings, not medical tests. This book is intended to log and track exercise and lifestyle habits.

THE PRACTICE

HOW TO USE THIS LOG

One block is 6 weeks, and this book holds one block. This is the rhythm of a week.

BEFORE THE BLOCK

The program is already written on the program pages: the moves in order, the sets, reps, effort, and rest for each session, and what changes week by week. Read them before week 1, fill in the start page, and write your goal on The six weeks page.

BEFORE THE SESSION

Open the day's session log and fill in the readiness strip: sleep, energy, soreness, and stress from 1 to 5, a check if you ate within 3 hours of the session, and a check for water. Thirty seconds. Then read the last session's Next time section to get directions for the present session. Check the box when the warm-up is done.

DURING THE SESSION

Each exercise is recorded on its own row. It's best to write the data for each set before the next set begins. This will help track progress. The cardio line takes a walk, a run, a row, or a ride: what, how many minutes, how hard. In conjunction with daily notes from the JRNL, you should have a well-rounded understanding of your performance and recovery.

AFTER THE SESSION

Cool down and check the box. After the cool-down, rate the whole session from 1 to 10 and write the duration in minutes. Then the four notes. How it felt: one honest line. Form note: anything you recognize you need to work on. Next time: the intentions you are going to carry to your next training session. One win: the biggest objective win you got out of the session.

SUNDAY

Weekly review: count the sessions completed against the plan and tally sets by pattern, record your hardest set, average the four readiness scores and the session effort, and add up the minutes. Then answer the three questions and this week's question, and pick one thing to change.

One.

AFTER WEEK 6

The block review asks for your best sets, the patterns you learned between readiness and performance, and what you'll progress to in your next training block. Any best set goes on the records page with its date. Then start the next block in a fresh Gym JRNL.

WITH THE JRNL

The Gym JRNL covers the same six weeks as the JRNL's 42 days. On a training day, check "I trained today" in the JRNL and write the session from this book next to it. The JRNL holds the day. This book holds the work.

MY NOTES

THE MAP

Where everything in this book lives, in the order you meet it.

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THE BASICS

HOW TRAINING WORKS

Six ideas sit underneath every good program. Once you know them, you can read any plan, and your own log.

STRESS, RECOVER, ADAPT

Training is stress on purpose. A session asks your muscles, joints, heart, and nervous system for a little more than they are used to. They cannot answer during the session. They answer afterward, while you rest, eat, and sleep, by rebuilding a little stronger than before. That is adaptation, a result of progressive overload. Stress, then recovery, then adaptation. If you skip recovery, the stress just piles up and you will end up injured or letting go of your goals.

SPECIFICITY

Your body adapts to exactly what you ask of it. Heavy sets of 5 build the strength to lift heavy. Long easy walks build the ability to walk long and easy. A push does little for your pulling muscles. So the program has to contain the things you want to get better at, and the seven movements are a checklist for leaving nothing out.

OVERLOAD AND PROGRESSION

To keep adapting, the ask has to grow a little over time. This is progressive overload. The growth can be one more rep, one more set, a little more load, a harder version of the move, or the same work done at a lower effort. Small steps hold. Big jumps break form, and sometimes break you.

RECOVERY

Recovery is where the adaptation happens. Sleep is most of it. Food and water are the rest of it. Life stress draws from the same account as training stress. That is why the readiness strip sits at the top of every session: it is your record of the quality of your recovery.

INDIVIDUAL DIFFERENCES

Two people can follow the same program and get different results, and both results can be fine. Age, training history, sleep, work, and plain genetics all play a part. Your log compares you with you.

Nobody else's numbers belong on those pages. Your only focus should be the numbers that go in them.

USE IT OR LOSE IT

Adaptations fade when the stress stops. This is reversibility. A week off costs little. A month off costs more. Strength comes back faster the second time, but it does not stay without the work. Two sessions in a difficult week that draws your attention away from training are far better than none.

WHAT THIS MEANS FOR YOU

- Add a little, then recover, then add a little more.
- Train all seven patterns, because you only keep what you practice.
- Judge progress across weeks, not inside one session, and only against your own log.

MY NOTES

HOW A PROGRAM IS BUILT

Frequency, volume, intensity, and selection. Every program is a set of answers to those four questions.

FREQUENCY

How often. The HHS Physical Activity Guidelines say adults should do muscle-strengthening work for all the major muscle groups on 2 or more days a week. Most programs live between 2 and 4 sessions a week. This book gives 3 session logs a week, one for each day of the program. You should take at least two rest days from training sessions for recovery.

VOLUME

How much. Volume is sets times reps, usually counted as hard sets per movement pattern per week. As a general guide, most programs land somewhere between 6 and 15 hard sets per pattern per week, spread over 2 or more days, in 2 to 4 working sets per exercise. Beginners do well at the low end.

INTENSITY

How hard. In the gym, intensity means load: how heavy, compared with the most you could lift once, your one-rep max or 1RM. Effort means how close a set gets to the last rep you could do. The two trade off. Heavy loads mean fewer reps per set and longer rest. Lighter loads allow more reps and shorter rest. A program names a rep range and an effort, and the load follows from those two. Estimate your 1RM with one of the strength calculators at fitnessapplied.com to determine your load prescription.

EXERCISE SELECTION

Which moves. The seven movements are your checklist: squat, lunge, hinge (hips back, flat back), push, pull, rotate, and locomotion. These are the movements that you were meant to do as a human. They are the moves that will help make your daily life better. Over a week, every pattern should show up, and push and pull stay close in sets. Big moves that use many joints come first in a session, when you're fresh. Small moves that use one joint come after.

HOW A WEEK LOOKS

Full body, 3 days: each session should contain a squat or lunge, a hinge, a push, a pull, and a rotate, with a day of rest between sessions. Locomotion fits anywhere: a walk or bike ride on a rest day, or the cardio line after lifting. A healthy lifestyle will include a significant amount of cardiovascular exercise.

HOW TO CHECK ANY PROGRAM

1. It strengthens all the major muscle groups on 2 or more days a week. HHS says so.
2. At least 2 sets per exercise. 2 to 4 is the common range.
3. No set has to go to failure. Stopping a few reps short still builds strength.
4. A 10 on the effort scale is rare, and only with a spotter. House rule.
5. All seven patterns appear each week. House rule.
6. A warm-up before, a cool-down after. House rule.
7. It adds a little at a time: a rep, a set, or a small load step.
8. The same moves two days in a row means one of those days is easy. House rule.
9. The main thing is to do it. A plain program you follow beats a perfect one you skip.

MY NOTES

SETS, REPS, AND LOAD

A set is a group of reps. The rep range says what the set is for. The load makes the range honest.

WHAT A SET AND A REP ARE

A rep is one complete movement: down and up, or out and back. A set is a group of reps done without rest. "3 x 8" means 3 sets of 8 reps. Rest between sets: 30 seconds to 4 minutes in this program, based on the training load.

THE RANGES AND WHAT THEY ARE FOR

As a general guide, 1 to 5 reps with a heavy load builds mostly strength. 6 to 12 reps with a moderate load builds strength and muscle together, and is where most programs spend most of their time. 12 to 20 or more with a lighter load builds muscular endurance. All of them build something. None of them is wasted. Your program's intention picks the range. Your job is to work honestly inside it.

HOW TO PICK A STARTING LOAD

A starting load is one you can lift for the planned reps at effort 6 or 7 with good form on every rep. If you are between two loads, take the lighter one. Week 1 of a block is for discovering your working numbers, not setting records. A load that is a little too light costs a week. A load that is too heavy costs form, and oftentimes a lot more.

For bodyweight moves, the starting load is the version of the move you can do for the planned reps at effort 6 or 7. The movement pages explain the regressed versions.

HOW TO ADD LOAD

The simplest method is double progression. First the reps go up, then the load. When you reach the top of the rep range on every set at the planned effort, add the smallest step next session: about 5 lb on upper-body lifts, about 10 lb on lower-body lifts, or whatever the smallest plate allows. Then start at the bottom of the range again. If you cannot add load, add one rep. If you cannot add a rep, hold at the current prescription and let the capability improve. That is progress too.

WRITING A SET

"8 / 135 / 7" means 8 reps at 135 lb at effort 7. Reps first, then load, then effort, in that order on every page. Bodyweight moves get "bw" for the load. A band gets its color. Write what you did, not what you planned.

MY NOTES

THE EFFORT SCALE, 1 TO 10

Effort is how close a set came to the last rep you could have done. Rate it right after the set.

1	**Nothing**	Barely moving. A warm-up walk.
2	**Very easy**	I could do this all day.
3	**Easy**	Warm-up sets. Breathing stays quiet.
4	**Light**	Smooth reps, many left in me.
5	**Moderate**	Working, but far from the last rep.
6	**Working**	About 4 good reps left.
7	**Hard**	About 3 good reps left.
8	**Very hard**	About 2 good reps left.
9	**Near the limit**	1 good rep left. Rare.
10	**The limit**	No reps left. Rare, and only with a spotter.

Effort in this book works like RPE, the rating of perceived exertion. From 6 up, read it as reps in reserve: how many more good reps you could have done with the same form. Effort 6 means about 4 left. Effort 7, about 3. Effort 8, about 2. Effort 9, 1. Effort 10 means none, and you should rarely ever go there, for safety reasons. Use a spotter to help you if you do. House rule. A set at 10 teaches little more than load adaptation, costs the most to recover from, and is where form breaks and injuries occur. Most work lives at 6 to 8 on the scale. Your program prescription decides. If you are unsure, a trainer or coach can help you determine the correct program for your needs.

Effort is a judgment, not a measurement. In week 1 it is a guess. By week 3 the guess gets good, because of consistency in effort.

Effort drifts up across a block even when the numbers stand still. For a while that is normal: the work is adding up.

When effort has climbed for three sessions with no change in reps or load, your log will help you find where you can work to improve. It might be that nutrition and recovery need attention.

For cardio, use the same 1 to 10 line with the talk test. At 3 or 4 you can speak in full sentences. At 5 or 6, short sentences. At 7 or 8, a few words at a time.

MY NOTES

REST, TEMPO, AND RANGE OF MOTION

Three things the exercise name does not say: how long to rest, how fast to move, and how far.

REST BETWEEN SETS

Rest is part of the set. It is how to earn the next one. As a general guide, heavy sets of 1 to 5 reps need about 2 to 3 minutes or more. Moderate sets of 6 to 12 need about 1 to 2 minutes. Lighter sets and circuits get 30 to 60 seconds. The program decides; write what you actually took. Cutting rest short does not make a strength set harder in a useful way. It makes the next set smaller. If short rest is the thing you want to train, the program should focus on that.

TEMPO

Tempo is the speed of a rep. The rule that holds up everywhere: control the lowering, drive the lift. Lowering under control, about two seconds, keeps your joints in position and lets you feel where the load is. The lift can be as fast as good form allows. A two-second pause at the bottom, or at the hardest point, is a tool. It removes bounce, exposes a weak position, and makes a light load honest.

RANGE OF MOTION

Range of motion is how far the joint travels. Range on any lift should be the full range you can control with a braced core, stable joints, and no pain. A partial range is a fair step on the way to a full one. It is often a programming choice. It should not be a way to add load. Deeper with less is worth more than shallower with more.

HOW TO TIME REST WITHOUT A STOPWATCH

A phone timer works. Breaths work too: count slow, full breaths, and in week 1 learn how many of yours make a minute. Whatever you use, write the rest you actually took, not the one in the plan. The number only means something if it is true.

TECHNIQUE THAT HOLDS UP

Good technique is not a look. It is the same safe shape, repeated until you no longer have to think about it.

SET UP THE SAME WAY EVERY TIME

Every lift starts with a set-up: feet in the same place, grip the same width, the same breath before the first rep. The set-up is where most mistakes begin. Set up the same way, and every rep after it has the same chance. Write a set-up cue in the Form note the first time you find one that works.

BRACE AND BREATHE

To brace, take a breath into your belly, not your shoulders, and tighten your middle as if someone were about to lean on it. That stiff middle protects your spine and carries force from your legs to the load. For light sets, breathe out on the effort and in on the lowering. For heavier sets, you may hold the breath through the hardest part and let it out once you pass it. If you feel lightheaded, breathe more and lift less.

MOVE THE JOINT THAT IS MEANT TO MOVE

A squat moves at the hips, knees, and ankles. A hinge moves at the hips. A row moves at the shoulders and elbows. Your spine stays neutral in all of them: its natural curves, not rounded, not arched hard. Knees track over the toes. Shoulders stay down, away from your ears. When another joint joins in to help, the load is too heavy or you are tired.

CONTROL IS THE SKILL

Strength is not the skill. Control is. A rep you can stop at any point is a rep you own. If the load decides the speed, the direction, or the depth, you are along for the ride. Slow down before you add up.

DISCOMFORT AND PAIN ARE DIFFERENT

Discomfort is the burn in a working muscle, the heavy breathing, the ache of fatigue. It fades within minutes of the set. Pain is sharp, pinching, or catching, or it sits in a joint. It does not fade with rest, and it changes how you move. Discomfort is the work. Pain is information. Act on it.

WHEN TO STOP A SET

Stop a set when the next rep would not look like the last good one. Stop when your form changes to finish a rep. Stop at the planned effort even when you feel good. And if a move hurts, stop, and write it on the page.

FORM CHECK

1. Feet set, weight spread through the whole foot.
2. Spine neutral, chest open, eyes level.
3. Braced before the rep, not during it.
4. Lowering under control, lift without a jerk.
5. Same shape on rep 1 and on the last rep.

MY NOTES

WARM-UP AND COOL-DOWN

About ten minutes at each end of the session. The check boxes on the session log mean you did the whole thing.

WHY WARM UP

A warm-up raises your body temperature and heart rate, loosens the joints you are about to use, and wakes up the pattern before the load arrives. Warm muscles move further and tolerate more. A warm-up is also a readiness check in motion: if something feels off at no load, you find out now, not under load.

A WARM-UP IN THREE PARTS

General: 3 to 5 minutes of easy movement that raises your breathing. A brisk walk, a march in place, an easy bike, or a few trips up the stairs.

Specific: the day's patterns with no load. A few slow squats, a hinge with your hands on your thighs, a wall push-up, arm circles. Move through the range the session will ask for.

Ramp sets: for the first lift, 1 to 3 lighter sets, starting around half the working load and stepping up. Few reps each, so you arrive at the first working set ready, not tired. Later lifts in the session usually need one ramp set or none.

WHY COOL DOWN

A cool-down brings your heart rate and breathing down gradually, and gives you a few minutes to feel how the session landed before you rate it. It is also the time to stretch, because warm tissue stretches more comfortably. It does not prevent soreness; nothing reliably does. It does end the session on purpose.

A COOL-DOWN IN TWO PARTS

Easy movement: 3 to 5 minutes of walking or slow cycling, until your breathing settles and you can talk easily.

Slow stretches: a few for what you trained, each held about 20 to 30 seconds, breathing out into the stretch. A mild pull, no pain, no bouncing.

THE CHECK BOXES

The session log has a check for Warm-up done and one for Cool-down done. A check means you did the whole thing: all three parts, or both parts. A rushed warm-up leaves the box blank, and the blank is useful. On Sunday you can see whether short warm-ups and poor sessions line up.

MY NOTES

SQUAT

Bend your hips and knees to sit down, then stand back up.

WHAT IT IS A squat lowers your body by bending your hips, knees, and ankles together. Both feet stay flat, and both legs share the work.

WHY IT MATTERS HHS says to work all the major muscle groups. The squat works two of the biggest: your legs and your hips.

IN EVERYDAY LIFE You squat every time you sit down or stand up: a chair, the couch, the bed, a car seat. You squat to reach a low shelf.

THE MOVE Sit to stand. Use a sturdy chair with no wheels, its back against a wall. Start seated, hands on your thighs, feet flat. Lean, stand tall, then lower yourself back to the seat with control.

CUES

- Feet flat, about hip-width apart.
- Lean forward a little, then stand up tall.
- Sit back down slowly. Do not drop.

WATCH FOR Knees falling in toward each other. Heels lifting off the floor.

MAKE IT EASIER Sit on a higher seat, or add a firm cushion to the chair.

If you feel dizzy when you stand, sit down and rest. If it keeps happening, talk to a doctor. If a move hurts, stop.

MY NOTES

LUNGE

Step one foot back and bend both knees, then come back up.

WHAT IT IS A lunge puts one foot in front and one behind. Both knees bend to lower your body, then you push back up to standing.

WHY IT MATTERS It works your legs and hips one side at a time, so the weaker side cannot hide. HHS says stronger leg muscles also improve balance.

IN EVERYDAY LIFE You use a lunge shape to climb a stair or step up a curb, and again when you kneel on one knee to tie a shoe.

THE MOVE Wall step-back knee tap. Stand side-on to a wall with a soft pad on the floor behind you. Step back and tap the back knee down, then drive through the front foot to stand. Do both sides.

CUES

- Keep one hand on the wall.
- Step back and lower the back knee to the pad. Tap it lightly.
- Front knee points the same way as your toes. Front heel stays down.

WATCH FOR The front knee falling inward. The torso folding forward.

MAKE IT EASIER Take a smaller step back, or stop the knee just above the pad.

Tap the knee down. Do not drop it. If a knee hurts, stop. If a move hurts, stop.

MY NOTES

HINGE

Push your hips back with a flat back, then stand up tall.

WHAT IT IS A hinge bends at your hips, not your back. Your hips move back and your chest tips forward, with a flat back and soft knees. It is the shape of every deadlift.

WHY IT MATTERS It works your hips, the backs of your legs, and your back. HHS names the hips and back among the major muscle groups to work. It is also the safe way to lift anything off the floor.

IN EVERYDAY LIFE You hinge when you lean over a sink, load a dishwasher, or pick up a bag or a laundry basket.

THE MOVE The light-load hinge. Hold a light load in both hands in front of your thighs. Push your hips back and let it slide down to your knees. Then stand back up tall. Learn it first with no load.

CUES

- Knees soft.
- Push your hips back and let the load slide down your thighs to your knees.
- Back flat, head in line with your spine.

WATCH FOR A round back. Knees that bend into a squat. The load drifting away from your legs.

MAKE IT EASIER No load. With your hands on your thighs, slide them down to your knees and back up.

Go only as far as your back stays flat, and stop at the knees. This book teaches this lift in full. The program adds lifts with dumbbells, machines, and bars. Learn any barbell lift from a qualified coach, in person, before you load it. If your back hurts, stop. If a move hurts, stop.

PUSH

Press your body away with your arms.

WHAT IT IS A push moves something away from you as your arms straighten. It can also move your body away from something, like a wall or the floor.

WHY IT MATTERS It works your chest, shoulders, and arms. HHS names all three as major muscle groups to work.

IN EVERYDAY LIFE You push to open a heavy door, move a shopping cart, put a box on a high shelf, or get up from the floor.

THE MOVE Wall push-up. Stand about an arm's length from a wall and lean in with your body straight. Lower your chest toward the wall and press back to the start. Keep your middle braced the whole time.

CUES

- Hands flat at shoulder height, a little wider than your shoulders.
- Body in one straight line, head to heels.
- Bend your elbows to bring your chest toward the wall, then push back.

WATCH FOR Your head reaching the wall before your chest. Hips sagging. Shoulders creeping up toward your ears.

MAKE IT EASIER Stand with your feet closer to the wall. To make it harder, step further back, or move your hands to a counter.

Keep your feet where they will not slide. If a shoulder or wrist hurts, stop. If a move hurts, stop.

PULL

Draw your body toward your hands.

WHAT IT IS A pull is the opposite of a push. Your arms bend to bring something toward you, or to bring you toward something.

WHY IT MATTERS It works your back, shoulders, and arms. A strength move helps only the muscles doing the work, so every push in your week needs a pull to match it. Your shoulders depend on that balance.

IN EVERYDAY LIFE You pull to open a car door, drag a trash can to the curb, or haul a suitcase up a step.

THE MOVE Doorway row. Hold a solid door frame with both hands, never the door. Lean back a little with your body straight, then pull your chest to your hands, drawing your shoulder blades together, and lower with control.

CUES

- Test your grip before you lean.
- Start with a small lean.
- Pull your chest to your hands, then lower slowly.

WATCH FOR A steep lean. Hands on the door edge or handle. Shrugging your shoulders instead of pulling your elbows back.

MAKE IT EASIER Stand more upright, with less lean.

Use a solid door frame, not a door. Keep the lean small, so you can step back if your grip slips. If a shoulder hurts, stop. If a move hurts, stop.

ROTATE

Control twisting. Your middle stays still while your arms and legs move.

WHAT IT IS Rotation means turning your body. The rotate move here is about control: your middle stays steady as your arms and legs move. Resisting a twist is how you learn to own one.

WHY IT MATTERS It works your belly and back, the muscles that hold your middle steady under every other lift. HHS says stronger back and belly muscles also improve balance.

IN EVERYDAY LIFE Your middle holds you steady when you carry a heavy bag in one hand, or reach into the back seat of a car.

THE MOVE Bird dog. Kneel on a pad on your hands and knees. Brace, then reach one arm and the opposite leg out long, hold for a breath, and return without letting your hips tip. Do both sides.

CUES

- Hands under shoulders, knees under hips.
- Reach one arm and the opposite leg out long.
- Hips level, head in line with your back.

WATCH FOR The leg lifted higher than your body. The low back sagging. Hips rolling toward the lifted leg.

MAKE IT EASIER Move the arm only, then the leg only.

Move slowly. If a wrist, a knee, or your back hurts, stop. If a move hurts, stop.

LOCOMOTION

Move your whole body from place to place, like walking.

WHAT IT IS When you walk or march, your legs take turns: one holds your weight while the other steps, and your arms swing in time. The word comes from the Latin for place, plus motion: moving the whole body from one place to another. In this book it means any cardio you do over and over. Walking, running, cycling, rowing, and swimming all count.

WHY IT MATTERS It gets your heart and lungs working. HHS says adults need at least 150 minutes of moderate aerobic activity a week, and that more goes with a fitter heart, lungs, and muscles.

IN EVERYDAY LIFE You use it every time you walk to the car, cross a store, climb the stairs, or hurry for a bus.

THE MOVE March in place, or walk a hall fast. Keep a wall or chair within reach. Keep your eyes level and your steps even.

CUES

- Lift your knees to an easy height.
- Swing your arms.
- Hold a wall or chair if you need balance.

WATCH FOR Leaning back to pull the knee up high. Holding your breath.

MAKE IT EASIER March slowly, with your knees low. To make it harder, go longer, not faster.

Stay near something to hold. If you feel dizzy or very out of breath, stop and rest. If a move hurts, stop.

THE SEVEN AT A GLANCE

The seven patterns, one line each, and the two rules that make any program safe to log here.

Squat	Sit to stand from a chair.
Lunge	Hold the wall, step back, tap the knee down.
Hinge	Light load in both hands, hips back, back flat.
Push	Push away from a wall, body straight.
Pull	Hold a door frame, lean back a little, pull.
Rotate	Hands and knees, reach the opposite arm and leg.
Locomotion	March in place or walk a hall fast.

WHAT "LIGHT LOAD" MEANS

A light load is one thing you can hold in both hands with ease, like a gallon jug of water. Keep your back flat on every rep. If you cannot, it is too heavy; go back to no load.

The same points hold when a program adds weight. The program in this book uses dumbbells, kettlebells, machines, cables, and bars. Ask the gym's staff to show you each machine before you load it. Learn any barbell lift from a qualified coach, in person. The pattern letters on the session logs still apply: a goblet squat is still an S, and a barbell row is still a Pl.

EFFORT TOOLS

The Effort column works like RPE. Learn the scale at fitnessapplied.com/fitness/rpe. To estimate the most you could lift once, your one-rep max or 1RM, pick one set you did and enter its load and reps at fitnessapplied.com/fitness/rep-max. There is no need to go to 10 to check it.

PROGRESSION, PLATEAUS, AND THE EASY WEEK

The log tells you when to add, when to hold, and when to back off. The program sets the size of the step.

WHEN TO ADD

Add when you hit the top of the rep range on every set at the planned effort or lower. Double progression: reps first, then the smallest load step. If the program sets a fixed number of reps, add when the effort on the last set has come in below the plan for two sessions running. One step at a time. A step is about 5 lb on upper-body lifts, about 10 lb on lower-body lifts, or one rep. Never two kinds of step on the same day.

WHEN TO HOLD

Hold when you hit the reps but the effort was higher than planned. Hold when you hit the reps on some sets and not others. Hold through a week of poor sleep or high stress. Holding is not stalling. The same work at a lower effort next week is progress, so write it down as progress. Most blocks have more holding weeks than adding weeks, and the numbers still climb.

WHEN TO BACK OFF

A plateau is a stretch where the numbers stop moving. It is normal, and it is usually your body asking for less before it gives you more. Back off when effort has climbed for three sessions with no change in reps or load. Back off when readiness has been down three sessions running. Back off the moment a move hurts. Backing off means a smaller load, fewer sets, or an easier version of the move, for one session or one week.

THE EASY WEEK

An easy week is a deload: a planned week of less work, so the adaptation can catch up with the training. The common guide is one about every 6 weeks, or sooner when the log shows the signs. Keep the moves and the schedule. Either do about half the sets, or keep the sets and lift noticeably lighter, around effort 5 or 6.

It is part of the plan, not a break from it. This program prints its easy week: week 6. Log it like any other week.

SIGNS IN YOUR LOG

- Effort up while reps and load stand still, three sessions running.
- Readiness falling three sessions running, or sleep at 1 or 2 most of the week.
- A nagging ache that is there at the start of the session, not just the end.
- The same form note three times.
- Any two of these in one week, and the easy week starts now.

MY NOTES

RECOVERY, AND WHY READINESS IS ON EVERY SESSION

The session is the question. Recovery is the answer. The readiness strip is how you check that the answer arrived.

TRAINING HAPPENS BETWEEN SESSIONS

A session breaks you down a little. The next day or two build you back a little stronger. If the next hard session arrives before the rebuild is done, you dig the hole deeper instead of filling it. That is why most programs give a muscle group a day or two between hard sessions, and why the same moves two days in a row means one easy day. Recovery is not the absence of training. It is the half of training you do not see.

SLEEP

Sleep is the biggest single lever you have. Most of the repair happens then, and so does the learning: a skill practiced today is stored tonight. The CDC says adults need 7 or more hours. When sleep is short, the strength is usually still there, but effort runs higher for the same numbers and the form note gets longer. A bad night is not a reason to skip. It is a reason to hold the load and let the effort tell you what you have.

FOOD AND WATER

You cannot rebuild from nothing. A meal or a solid snack in the 1 to 3 hours before training means you have fuel for the session, and eating again afterward gives your body material to repair with. This book keeps no calorie or macro targets. The check on the session log asks a plain question: *Did I eat?* Water is the same. Even mild dehydration shows up as higher effort and worse focus before you feel thirsty. Drink before, keep a bottle with you, and drink after.

STRESS

Life stress and training stress land in the same body. A hard week at work, a sick kid, a sleepless night over a worry: these draw from the same account as a hard squat day. Your body does not know which stress is which.

On a high-stress day the right move is usually an easy session, not a skipped one. Movement often lowers the stress, and the log still gets a page. The wrong move is a hard session on top of a hard day, three times in a row.

THE READINESS STRIP

Four scores and two checks before every session. Sleep, energy, soreness, stress, each 1 to 5. *Did I eat? Did I drink?* Thirty seconds. Taken together, the strip is the best predictor you have of how the session will go, and six weeks of strips are the best record you have of what your life costs your training.

MY NOTES

READINESS 01

MY SLEEP LAST NIGHT

Your own rating of how last night felt, from 1 to 5. Not a count of hours.

THE SCALE

1	**Rough**	Awake much of the night, up early.
2	**Broken**	Slept, but woke often or late.
3	**Okay**	Enough to function. Nothing special.
4	**Good**	Fell asleep easily, woke once at most.
5	**Great**	Slept through and woke rested.

WHAT IT IS

Before each session, score last night's sleep from 1 to 5. It is your own rating of how the night felt: how you fell asleep, how often you woke, and how you felt when you got up. It is not a count of hours and it is not a medical test. The words on the scale match the JRNL, so the two books read together.

WHY TRACK IT

Sleep is where your body does most of its rebuilding. The CDC says adults need 7 or more hours. When sleep is short, the same set usually costs more effort, the form notes get longer, and cardio feels harder. The point is to see that on paper, not just suspect it.

HOW TO SCORE IT

Score the night as a whole, in the first minute of the session, before you warm up. Do not change it later to match how the session went. If you know a reason, write it on the Note line of the strip in two or three words: late screen, early alarm, hot room.

WHAT THE PATTERN TELLS YOU

One rough night rarely changes a session. Three in a row almost always does. Lay sleep next to set effort for the same day. A 2 for sleep with effort running one point above plan is the normal cost of a bad night; hold the load.

A 2 for sleep on the day you hit a best set tells you there was more in the bank than you thought.

The Sunday question: *On my lowest sleep night this week, what did the session actually look like?*

GET MORE FROM IT

Write the sleep reason every time, because the reason is what you can change. By week 6 you will know what your 4s and 5s have in common.

MISSED IT?

Score it from memory as soon as you notice. If you cannot remember, leave it blank. A blank is still data on Sunday.

MY NOTES

READINESS 02

MY ENERGY

How much you have to give today, 1 to 5, before you have given any of it.

THE SCALE		
1	**Flat**	Nothing in the tank. Dreading it.
2	**Low**	I can train, but it already feels like work.
3	**Okay**	Normal. Ready enough.
4	**Good**	Looking forward to it.
5	**Charged**	I could go all day.

WHAT IT IS

Energy is how you feel walking in: flat, low, okay, good, or charged. It is not the same as sleep. You can sleep well and arrive flat, or sleep badly and arrive sharp. Energy is the sum of everything: sleep, food, stress, and the day so far.

WHY TRACK IT

Energy is the readiness score that predicts the session most directly. Low-energy sessions tend to run at higher effort for the same numbers, and the cardio line shows it first. Tracking it also ends a common story, that you never have energy. The log shows which days you do.

HOW TO SCORE IT

Score it in the first minute of the warm-up, not from bed. Ask one question: *If the session were twice as long, how would I feel about that?* Dread is a 1 or 2. Fine is a 3. Good is a 4 or 5. Score what is true, not what you want to be true.

WHAT THE PATTERN TELLS YOU

Energy that stays at 2 for three sessions while sleep stays at 4 points to something other than sleep: food, stress, or too much work in the program. Energy at 4 with effort still a point above plan tells you the load is the problem, not you.

The Sunday question: *Did my low-energy days have anything in common, and had I eaten before them?*

GET MORE FROM IT

Next to a 1 or 2, note what you ate and when. Fuel is the quickest fix on the strip. Also compare energy before the session with session effort after it. If energy was 2 and the session still went to plan, you learned something about yourself.

MISSED IT?

Score it from memory. If the session is over, score how you felt at the start, not at the end.

MY NOTES

READINESS 03

MY SORENESS

Normal muscle soreness from the last session, 1 to 5. Not pain.

THE SCALE		
1	**None**	Nothing to notice.
2	**Mild**	I feel it when I move.
3	**Noticeable**	Stiff, but it fades in warm-up.
4	**Sore**	Stairs and sitting remind me.
5	**Very sore**	Moving is hard. I change today's session.

WHAT IT IS

Soreness is the dull, spread-out ache in a muscle a day or two after you worked it. It is normal, and it fades as you warm up. It is not pain. Pain is sharp or pinching, or it sits in a joint, and it does not fade with warm-up. Pain is not scored here. It goes on the Anything hurt line, and that move stops.

WHY TRACK IT

Soreness tells you how much the last session cost and whether you recovered from it. It also tells you when a program is adding too fast. Tracking it keeps you honest in both directions: you do not skip because you are stiff, and you do not pile hard work on a body that is still rebuilding.

HOW TO SCORE IT

Score the sorest area the session will use. A sore chest does not matter on a lower-body day. Score before the warm-up, and name the area on the Note line in a word or two: quads, upper back.

WHAT THE PATTERN TELLS YOU

Soreness at 2 or 3 that fades in warm-up is a program doing its job. Soreness at 4 or 5 in the muscles you are about to train means change the session, not skip the log: lighter load, fewer sets, or a different pattern.

Soreness that stays at 4 for three sessions with sleep at 3 or less tells you recovery is losing.

The Sunday question: *Which session left me sorest, and what was different about it? More sets, a new move, less sleep?*

GET MORE FROM IT

A new exercise always brings soreness in week 1, then much less. If soreness from the same move is still a 4 in week 4, the volume is too high for you right now, and the program should reflect that.

MISSED IT?

Score it from memory, and check for it at the next session anyway.

MY NOTES

READINESS 04

MY STRESS

Life stress, 1 to 5. It lands in the same body as training stress.

THE SCALE		
1	**Calm**	Nothing pressing on me.
2	**Light**	A few things, all in hand.
3	**Busy**	A normal full day.
4	**Heavy**	Hard to think about anything else.
5	**Maxed**	I almost did not come.

WHAT IT IS

Stress is the load the rest of your life is putting on you today: work, money, people, a worry you cannot set down. It is your own rating, not a medical score. It says nothing about whether you are handling it well.

WHY TRACK IT

Your body does not sort stress by source. A hard week at work draws from the same account as a hard squat day. When stress is high, sleep is usually worse, effort usually higher, and form notes usually mention focus. Tracking it means you stop blaming the program for what the week did.

HOW TO SCORE IT

Score the day, not the moment. Calm is a 1. A normal busy day is a 3. Maxed, a 5, is the day you almost did not come. Score before you warm up. You do not need to write the reason.

WHAT THE PATTERN TELLS YOU

A single 4 or 5 changes little. Stress at 4 or more for three sessions, with sleep slipping, is the clearest sign in the strip that an easy session, or the easy week, is due. Stress at 4 with a session that went to plan tells you training is part of how you cope, and that is worth knowing.

The Sunday question: *Did I train harder or easier on my high-stress days, and which left me better?*

GET MORE FROM IT

On a 4 or 5 day, pick the easy session on purpose: the same moves at effort 5 or 6, and the cardio line. Movement often lowers the number, and the log still gets a page. The wrong move is a hard session on top of a hard day, three times running.

MISSED IT?

Score it from memory. If you cannot, leave it blank and look at the week's sleep scores instead.

MY NOTES

READINESS 05

MY FUEL

One check: "I ate in the last 1 to 3 hours." A meal or a solid snack.

WHAT IT IS

Fuel is a check, not a score. It asks one plain question: *Did I eat in the 1 to 3 hours before this session?* A meal or a solid snack counts. Coffee does not. There are no calorie or macro targets anywhere in this book.

WHY TRACK IT

Training on empty usually shows up as higher effort for the same numbers, a flat cardio line, and a session that fades in the second half. Fuel is also the quickest fix on the strip. Sleep takes a week to repair. Food takes an hour.

HOW TO SCORE IT

Check it if you ate in the window. Leave it blank if you did not, including when you meant to. To compare later, write what you ate on the Note line in two or three words: oats, sandwich, banana.

WHAT THE PATTERN TELLS YOU

Lay the fuel check next to energy and session effort. A blank box with energy at 2 and session effort a point above plan is a pattern you can fix tomorrow. A checked box with the same numbers points elsewhere: sleep, stress, or the program. If every blank box lines up with a poor session, you have learned one of the most useful things in this book.

The Sunday question: *On the sessions that went to plan, what had I eaten, and when?*

GET MORE FROM IT

Find your window. Some people train well 1 hour after a snack and badly 1 hour after a full meal. By week 3 you will know yours. Write it on the first program page so the next block starts with it.

MISSED IT?

Check it or leave it blank from memory. If you forgot to eat and have time, a small snack 30 minutes before the first working set still counts. Check it.

WHAT COUNTS

A check means you ate a meal or a solid snack in the last 1 to 3 hours. Fruit and a handful of nuts counts. A sandwich counts. Yogurt counts. Coffee alone does not. No calories, no macros, no good or bad foods. To compare later, write what you ate in a few words.

MY NOTES

READINESS 06

MY WATER

One check: "I drank water, and have some with me."

WHAT IT IS

Water is a check. It means you drank water in the hour or two before the session, and you have a bottle within reach while you train. It is not a target in ounces, and it is not a hydration test.

WHY TRACK IT

Even mild dehydration shows up as higher effort, a faster heart rate on the cardio line, and poorer focus, and it does so before you feel thirsty. It is the cheapest fix on the whole strip, and the easiest to forget on a busy day.

HOW TO SCORE IT

Check it if both halves are true: you drank, and you have water with you. If only one is true, leave it blank and fix it before the first working set. The blank is a reminder, not a verdict.

WHAT THE PATTERN TELLS YOU

Read water next to energy and session effort, the same way you read fuel. A blank water box on a session that felt harder than the numbers say is the simplest pattern in the book, and the simplest to break. If water is checked every session and effort still drifts up, water is not the problem; look at sleep and the program.

The Sunday question: *On hot days or long sessions, did I drink more, and did the session show it?*

GET MORE FROM IT

Fill the bottle before you leave the house, so the check is already half earned. Drink a little between sets instead of a lot at the end. On hot days, in long sessions, or when you sweat heavily, you need more than usual. Note it.

MISSED IT?

Drink now and check it late. Write "late" next to the check if you want the honest version on Sunday.

A PLAIN TEST

Thirst and dark urine are late signs. Pale yellow is the plain test. This book sets no target in ounces, because needs vary with body size, heat, and how much you sweat. Hot days, long sessions, and heavy sweating all need more. Drink before, keep a bottle near, and drink after. That is the whole rule.

MY NOTES

THE LOG 01

THE SESSION HEADER

Session, week, block, date, program, start time. The address of the page.

WHAT IT IS

The header is the top strip of every session log: the session and week, the block, the date, the program or workout name, the start time, and the duration. It is the address of the page. Without it, a page is a set of numbers. With it, a page is a point in a story.

WHY TRACK IT

The day and the week are printed on the page, so you know which workout this was. The date shows the gaps between sessions. The start time, laid next to energy, shows when in the day you train best, something you would never notice without writing it down.

HOW TO FILL IT IN

Before the warm-up. The day and the week are printed. Write the block number, the date, and the time you start. Duration goes in at the end.

WHAT THE PATTERN TELLS YOU

The session logs show what you skip. If a day is blank most weeks, that is the one to fix. The program needs all three. Start time next to energy shows a split for many people between morning and evening sessions. The dates show the gaps: 5 or more days between pages means the next session is a hold, not an add.

The Sunday question: *How many sessions did I plan, how many have a header, and which one goes missing most?*

GET MORE FROM IT

Write the workout name the same way every time, so you can flip through the block and find every Lower A in seconds. When you compare a lift, compare it with the same workout, not just the same week.

MISSED IT?

Fill in what you know from memory, even just the date. A page with a date and three sets is worth more than a blank one.

BLOCK, WEEK, SESSION

One book holds one 6-week block. Each week has 3 session logs: Day 1, Day 2, and Day 3. Block is a write-in line. Today's target is printed under the title. Start time is when the warm-up began. Duration is minutes from warm-up to cool-down, filled in last.

MY NOTES

THE LOG 02

THE EXERCISE ROWS

One row per exercise, in the order you do them, each with its pattern letter and planned rest.

WHAT IT IS

Each session log has a row for every move in the session, printed in order. Days 1 and 2 have two spare rows on the right page. A row holds the move, its pattern letter, the rest you take between its sets, and up to five sets of reps, load, and effort. The rows are the body of the session.

WHY TRACK IT

The row is how you see one exercise across a block. Flipping through, you can read every row of the same lift and watch its numbers move. The pattern letter is what the Sunday tally counts, so one glance tells you whether all seven patterns got work this week, and whether push and pull stayed in balance.

HOW TO FILL IT IN

The moves, the pattern letters, and the rest are printed. During the session, fill one set at a time. If you swap a move, write the one you actually did and note why. For a hold or a carry, write the seconds or the meters in the reps box.

WHAT THE PATTERN TELLS YOU

A row that stops at set 2 every week is a row you are skipping: cut it, or move it earlier. A pattern letter that never appears in a week is a gap in the program, and the tally will show it. More Pu than Pl for several weeks is a shoulder complaint waiting to happen.

The Sunday question: *Which row did I not finish, and which letter is missing?*

GET MORE FROM IT

Keep exercise names the same across the block, so the same lift is easy to find. Put the one lift you care most about in the first row, where you are freshest and where your eye lands first.

MISSED IT?

Write what you remember, even just the exercise names. The Sunday tally still works with names alone.

THE PATTERN LETTER

S squat, L lunge, H hinge, Pu push, Pl pull, R rotate, Lo locomotion. One letter per row. A goblet squat is an S, a Romanian deadlift an H, a lat pulldown a Pl, a loaded carry a Lo. If a move is two patterns, pick the one it works most. The tally on Sunday counts these letters.

MY NOTES

THE LOG 03

REPS AND LOAD

Two numbers per set: how many reps you did, and how much you lifted. Written as it happened.

WHAT IT IS

Reps and load are the first two of the three numbers in every set box. Reps is how many complete reps you did. Load is what you lifted: lb or kg, bw for bodyweight, or a band color. Together they are what you actually did, as opposed to what the plan said.

WHY TRACK IT

These are the numbers progress is made of. Same effort, more load. Same load, more reps. Over 6 weeks the change is too slow to feel and too clear to miss on paper. They are also the honest check on a program: if the plan says 3 x 8 and you keep writing 6, 5, 5, the load is wrong.

HOW TO FILL IT IN

Write both numbers after each set, before the rest ends. Write the reps you completed with good form, not the one you ground out ugly. Write the load you actually used. If the load changed from set to set, every box says so. Stay with lb or kg for the whole book.

WHAT THE PATTERN TELLS YOU

Reps that fall across the sets, 8, 7, 5, mean the rest is too short or the load is too heavy for the plan. Load rising while reps hold is progress. Reps rising while load holds is progress. Both standing still while effort rises is a sign the easy week is near.

The Sunday question: *Where did a number move this week, and where has one not moved in three weeks?*

GET MORE FROM IT

Circle any set that beats the best you have written for that lift, and copy it to the records page with the date. One circled set a week is a good block.

MISSED IT?

Write what you remember and mark it with a question mark.

A rough number with a mark is more useful than a blank.

THE SAME NUMBER MEANS THE SAME THING

Write the load you actually used, not the plan. Bodyweight moves get bw. If you hold a weight on a bodyweight move, write it: bw+25. Bands get their color. Machines get the plate number or the stack weight, the same way each time. Stay with lb or kg for the whole book.

MY NOTES

THE LOG 04

EFFORT FOR EACH SET

The third number in every set box, 1 to 10. How close you came to the last rep you could do.

WHAT IT IS

Set effort is your rating of how hard a set was, from 1 to 10, written right after it ends. It works like RPE, the rating of perceived exertion. From 6 up, read it as reps in reserve: how many more good reps you had left. Effort 6 means about 4. Effort 10 means none, and that is rare, and only with a spotter.

WHY TRACK IT

Reps and load say what you did. Effort says what it cost. The same 8 reps at 135 lb can be a 6 one week and an 8 the next, and that difference is the most useful thing on the page. Effort is how you see fatigue arriving before the numbers fall.

HOW TO SCORE IT

Within ten seconds of finishing the set, ask: *How many more good reps did I have?* Write the matching number. Rate the set, not the day. Do not round down to look strong or up to look tired. In week 1 it is a guess. By week 3 it is a skill.

WHAT THE PATTERN TELLS YOU

Effort falling while reps and load hold is progress, and the signal to add. Effort climbing for three sessions while reps and load hold is the earliest warning: recovery is short, or the easy week is due. Effort at 9 on a set the plan put at 7 means the load jumped too far.

The Sunday question: *On which lift did effort climb while the numbers stood still, and what did the readiness strip say those days?*

GET MORE FROM IT

The program sets a planned effort for each set. It is printed on every session page, so the gap between planned and actual effort is easy to see. That gap is where you learn.

MISSED IT?

Write it from memory with a question mark. If you cannot remember, leave it blank rather than guess a flattering number.

REPS IN RESERVE

Effort 6: about 4 good reps left. Effort 7: about 3. Effort 8: about 2. Effort 9: 1, and rare. Effort 10: none. Rare, and only with a spotter. House rule. Below 6 the count stops mattering; those are warm-up and easy sets. Good reps are reps that look like the first one.

MY NOTES

THE LOG 05

REST

The minutes between sets. Written as the rest you actually took, not the one in the plan.

WHAT IT IS

Rest is the time between sets of the same exercise. Each row has a space for it. The plan gives a rest; write the rest you took. Rest is part of the set, not a gap between sets.

WHY TRACK IT

Rest decides what the next set can be. Short rest means fewer reps or more effort for the same load. If you compare two sets without knowing the rest behind them, you are comparing two different things. Writing it keeps every other number on the page honest.

HOW TO FILL IT IN

Write the planned rest in the row before you start, and change it if you took something different. A phone timer works. Breaths work once you know how many of yours make a minute. If you shorten rest to save time, write the shorter number, so next week you know why the set was harder.

WHAT THE PATTERN TELLS YOU

Reps that fall set by set, with effort rising, usually mean rest is too short for the load. The same sets at the same effort with less rest is progress, so write it as progress. Rest that stretches past the plan every session tells you the session is too long for the time you have; cut a row rather than rush all of them.

The Sunday question: *Did my rest match the plan, and where did I cut it?*

GET MORE FROM IT

Rest is time to write. The three numbers of the set just done go down in the first thirty seconds. Then breathe, drink, and set up. The last fifteen seconds are for the first rep, in your head.

MISSED IT?

Write the plan's number with a question mark, or leave it blank, and pay attention next session.

ROUGH GUIDE

Heavy sets, 1 to 5 reps: about 2 to 3 minutes or more. Moderate sets, 6 to 12 reps: about 1 to 2 minutes. Light sets and circuits: 30 to 60 seconds. Big lifts need more rest than small ones. A general guide, not a rule. The program decides; write what you actually took.

MY NOTES

THE LOG 06

THE CARDIO LINE

One line for the work that gets your heart and lungs going: what, how many minutes, how hard.

WHAT IT IS

The cardio line sits under the exercise rows. It takes locomotion of any kind: a walk, a run, a ride, a row, a swim, the stairs. Write what it was, how many minutes, and the effort on the same 1 to 10 scale.

WHY TRACK IT

The HHS guidelines say adults should get at least 150 minutes of moderate aerobic activity a week, and this is the one number in the book that is simple to add up. Cardio also reads readiness better than any lift. On a low-sleep or high-stress day the same walk feels harder, and the effort number shows it before you would admit it.

HOW TO FILL IT IN

After the lifting, or on its own session log if cardio was the session. Rate the effort with the talk test. Minutes are the minutes you moved, not the minutes you were out. If you did cardio on a day with no lifting, still use a session log, with the rows left blank.

WHAT THE PATTERN TELLS YOU

The same 20-minute walk at effort 4 one week and 6 the next tells you what the week cost, before the lifts do. Cardio minutes that drop to zero for two weeks tell you the sessions are running long, and the easiest fix is a walk on a rest day.

The Sunday question: *How many cardio minutes this week, and did the effort on the same route change?*

GET MORE FROM IT

Keeping one route the same all block gives you a test you can repeat: same route, same minutes, what effort? A rest-day walk with the cardio line filled in and the rows blank still counts as a session.

MISSED IT?

Write the minutes you remember.

If you did no cardio this week, leave the lines blank and plan one walk for next week.

THE TALK TEST

Easy, effort 3 to 4: you can talk in full sentences. Moderate, 5 to 6: short sentences, and you could not sing. Hard, 7 to 8: a few words at a time. The HHS baseline for adults is at least 150 minutes a week at moderate. A brisk walk is moderate for most people.

MY NOTES

THE LOG 07

SESSION EFFORT AND DURATION

One number for the whole session, 1 to 10, and the minutes it took. Together they are your load for the day.

WHAT IT IS

Session effort is a single rating of how hard the whole session felt, 1 to 10, written about ten minutes after you finish. Duration is the minutes from the start of the warm-up to the end of the cool-down.

WHY TRACK IT

Set effort tells you about one set. Session effort tells you about the whole thing: the load, the rest, the cardio, the day. Multiplied by minutes, it gives one rough load number for the day, and the weekly review brings the week's numbers together. House rule, and a plain one: a 7 for 60 minutes is 420.

HOW TO SCORE IT

Ten minutes after the last stretch, not in the middle of the last set. Ask: *Taken as a whole, how hard was that?* Use the same words as the effort page. A normal working session is a 6 or 7. A session that left you on the floor is a 9, and that is a session to look at.

WHAT THE PATTERN TELLS YOU

Session effort climbing across the block while the plan stayed the same is fatigue adding up. A load number that jumps by a third or more from one week to the next, when the plan did not ask for it, is a common place for aches to start. A low number on a high-readiness day is a session that is now too easy for you, and the program should reflect that.

The Sunday question: *What was this week's total load, and did it match what my plan intended?*

GET MORE FROM IT

Keep sessions in a tight band when readiness is low, and let them climb when it is high. The band, not the peak, is what moves the block.

MISSED IT?

Score it from memory before you sleep. Duration can be rough: 45, 60, 75.

ONE NUMBER FOR THE WHOLE SESSION

Session effort, 1 to 10, rated about ten minutes after the cool-down. Duration in minutes, warm-up to cool-down. Effort times minutes is a rough load number you can compare week to week: 7 x 60 is 420. House rule. A sudden jump in that number is the cue to check readiness before the next session.

MY NOTES

THE LOG 08

THE FOUR NOTES

Four notes at the end of every session. The numbers say what happened. The notes say what it meant.

WHAT IT IS

Every session log ends with four short notes: How it felt, Form note, Next time, One win. They take a minute, and they are the part of the log you will reread most.

WHY TRACK IT

Numbers are the record. Notes are the understanding. A form cue that fixed your squat in week 2 is worth more than the load on the bar. The Next time note is how one session talks to the next. The win is how you notice progress the numbers are too slow to show.

HOW TO FILL IT IN

After the cool-down, while the session is fresh. How it felt: one honest line, not a review. Form note: the one cue that fixed something, or the one fault you saw, in words you can still read in week 6. Next time: one change, in numbers. Add 5 lb to the row. Rest 2 minutes on squats. Drop to 3 sets. One win: the thing you claim from today, however small.

WHAT THE PATTERN TELLS YOU

A form note that repeats three times is a fault you have not fixed. It goes to the top of your form check, or to a coach. A Next time note you never act on is a plan you do not believe. A week where How it felt says flat every session, next to a readiness strip full of 2s, is the easy week announcing itself.

The Sunday question: *What did I write under Next time this week, and did the next session do it?*

GET MORE FROM IT

Before each session, read the last session's Next time. That is the whole system. The wins go to the weekly review on Sunday, where you collect them.

MISSED IT?

Write the Next time note at least. If you write nothing else on the page, that line is the one that moves the block.

THE FOUR NOTES

How it felt: one honest line. Form note: the one cue that fixed something, or the fault you saw. Next time: one change, in numbers. One win: the thing you claim. If anything hurt, it goes on its own line, that move stops, and you get it checked before you do it again.

MY NOTES

FEEDBACK

HOW TO READ YOUR OWN LOG

The book only works if you read it. These are the rules to read by.

PROGRESS LOOKS LIKE THIS

- Same reps, same effort, more load.
- Same load, same effort, more reps.
- Same reps, same load, lower effort.
- Same numbers, less rest.
- The same move with better form, which only the Form note can tell you.

Any one of these is progress. Circle it on the page and carry it to the weekly review as a win.

TROUBLE LOOKS LIKE THIS

- Effort climbing for three sessions while reps and load stand still.
- Readiness down three sessions running: one score, or the whole strip.
- A form note that repeats.
- A move that keeps hurting, or an entry on the Anything hurt line two sessions in a row.

One of these is a note. Two in the same week is a change.

READINESS AGAINST PERFORMANCE

Lay the readiness strip beside the hardest set and the session effort for the same session, then across the week.

Sleep 2, energy 2, and your top squat set at effort 8 where the plan said 7: the normal cost of a bad night. Hold the load, and do not call it a plateau.

Sleep 4, energy 4, fuel checked, and effort still a point above plan for the second week: the program is the problem, not you. The load jumped too far or the volume is too high, and the easy week comes early.

Sleep 3, stress 5, and a best set: training is part of how you handle a hard week. Keep the session, and watch the next three strips for a drop.

Readiness averages falling across the block while session effort rises: the block is winning. The easy week is due.

WHAT TO CHANGE, IN ORDER

1. Sleep and food. The cheapest fixes and the most common cause. A week of 7 or more hours and a snack before training, then look again.
2. Rest and load. Take the full rest. Hold the load, or step it back one step, and let the effort come down.
3. The program. Fewer sets, a different exercise, another day, a coach's eye on a lift. This is the last change, not the first.

One change at a time. If you change three things and get better, you learned nothing.

QUESTIONS TO ASK EVERY SUNDAY

- *Where did a number move this week?*
- *Where did effort climb while the numbers stood still?*
- *On my lowest-readiness day, what did the session look like?*
- *What did Next time say, and did I do it?*
- *What is the one thing I change next week?*

MY NOTES

THE WEEKLY REVIEW AND THE BLOCK REVIEW

Sunday is when the week becomes information. The block review is when six weeks become a plan.

WHAT IT IS

The weekly review is one page at the end of each week: sessions done against planned, a tally of sets by pattern, your hardest set, readiness averages, session effort average, total minutes, and four questions. The block review, after week 6, asks the same of all six weeks.

WHY TRACK IT

Session logs record. The review reads. Without it, the readiness strip is a habit, not a tool. The review is the only place where numbers from different pages sit together, and that is where patterns live. The block review is where you decide what the next six weeks will be.

HOW TO FILL IT IN

On Sunday, with the week's pages open. Count, add, and average; a rough average is fine. Copy your hardest set. Answer the questions in one line each, pick one thing to change next week, and write the wins you earned. For the block review, read all six weekly reviews first, then write.

WHAT THE PATTERN TELLS YOU

A pattern at zero in the tally is a gap in the program. Push sets far above pull sets is a shoulder complaint in the making. Readiness averages falling week by week while session effort rises is the easy week announcing itself. A hardest set that has not changed in three weeks goes on the change line. Across a block, the pattern between readiness and performance is the one line nobody else could write for you.

The Sunday question: *What does my log say that I did not already know?*

GET MORE FROM IT

Read last Sunday's change line before you write this one. Did you do it? One change a week, done, beats five promised.

MISSED IT?

Do it Monday, or whenever you next open the book. A late review beats none. The next block waits for the block review.

THE TALLY

Sets per pattern this week: S, L, H, Pu, Pl, R, Lo. Count the rows by their letters. A zero shows what you skipped. Push and pull should be close. Squat and hinge should both appear. Locomotion counts the cardio line too. The tally is the quickest check that the program is still the one you planned.

MY NOTES

READ BEFORE WEEK 1

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Exercise carries a risk of injury and, in rare cases, of serious injury or death. Lifting weights, jumping, balance work, and riding add to that risk. You choose to do this program and you choose your loads. You are responsible for your own form, your equipment, and the place you train. By using this program you accept those risks.

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EVERY SESSION

If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

THE PROGRAM

PHASE ONE: BASE

Six weeks. Three strength days a week, and your rides around them.

THE GOAL OF THIS PHASE

Learn the lifts and build the work capacity that the next two phases stand on.

WHERE THIS BOOK SITS

MTB Off-Season is 18 weeks in three books, one for each phase. Phase One, Base: learn the lifts and build work capacity. Phase Two, Strength: heavier loads, sets of 5 to 8. Phase Three, Climb: the heaviest sets, a few jumps, and a loaded circuit. Each book ends with a lighter week and a test day.

THE WEEK

Train three days a week with a day between them: Day 1 Strength, Day 2 Single Side, Day 3 Climb. Ride on the other days. If you lift and ride on the same day, lift first. Keep the harder ride at least a day away from Day 1.

DAY 1: STRENGTH

Two-leg lifts with the heaviest loads of the week: a squat, a hinge, a push, a pull, and one move for your middle.

DAY 2: SINGLE SIDE

One leg and one arm at a time. It opens with 5 minutes of balance work while you are fresh. Start every move with your weaker side. The stronger side matches its reps and load, no more.

DAY 3: CLIMB

Long sets under load with short rests, built to feel like a steep climb that does not let up. The session ends with timed holds.

HOW THE SIX WEEKS BUILD

Weeks 1 and 2 are sets of 12 while you find your loads. Weeks 3 and 4 are sets of 10 with a little more load. Week 5 is sets of 8, the heaviest of the phase. Day 3 goes from sets of 15 to sets of 20 as the rests get shorter. Week 6 is a lighter week, and test day takes the place of Day 3.

EFFORT

Every session prints its effort target. Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. Stop a set when your form changes. Week 6 is a lighter week: two sets of everything. It is part of the plan. Do not add sets to it.

LOAD

This phase goes by effort alone. Week 1 is for finding your working loads. Write them on the My working loads page.

NEW TO LIFTING

This phase is where you start. Take the swap wherever a move is new to you, and stay at the low end of each effort target.

LIFTS WITH A BAR

The squat, the deadlift, and the bench press can be done with a bar. Learn any barbell lift from a qualified coach, in person, before you load it. Until then, use the swap printed on the moves page.

TEMPO

Lower the weight in 2 to 3 seconds, then drive up.

MISSED SESSIONS

Miss one week, repeat the week before it. Miss two or more, drop back two weeks and build again from there.

EVERY SESSION

Warm up first: 5 to 10 minutes of easy spinning, then 2 or 3 lighter build-up sets of the first lift. Cool down after. If a move hurts, stop.

MY NOTES

THE RIDES

The bike builds the engine while the gym builds strength. Most rides stay easy.

THIS PHASE

Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

WEEK 6

Keep the rides easy and a little shorter than in week 5.

RIDE EFFORT

Use the same 1 to 10 line with the talk test. At 3 or 4 you can speak in full sentences. At 6 or 7, short sentences. At 8, a few words at a time.

WHEN THE TRAILS ARE CLOSED

An indoor trainer or any steady cardio stands in for a ride.

WHERE TO LOG THEM

Each week has a Rides page with room for three rides. Write what you rode, the minutes, and the effort.

MY NOTES

THE MOVES IN THIS PHASE

Each day's moves in the order you do them, with a swap where there is one.

DAY 1: STRENGTH

SQUAT · S **Goblet squat.** One dumbbell at your chest. Sit between your heels, knees over toes, stand tall. Swap: Machine: leg press. Home: two-dumbbell squat.

HINGE · H **Romanian deadlift.** Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall. Swap: Home: two dumbbells or two loaded bags.

PUSH · PU **Push-up or dumbbell bench press.** Body in one line, or feet flat with your back on the bench. Lower under control, press away. Swap: Machine: chest press.

PULL · PL **Lat pulldown or band-assisted pull-up.** Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly. Swap: Home: inverted row under a sturdy bar.

ROTATE · R **Dead bug.** On your back, low back down. Reach one arm and the opposite leg long. Switch sides. 3 × 8 reps per side.

DAY 2: SINGLE SIDE

BALANCE FIRST, 5 MINUTES Single-leg stand, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. From week 3, turn your head slowly during the single-leg stand. Stand near a wall or a rack.

LUNGE · L **Split squat.** Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot. Swap: Machine: single-leg leg press.

HINGE · H **Kickstand Romanian deadlift.** Most of your weight on the front foot, back toes down for balance. Hips back, flat back. Swap: Hold a rack with the free hand.

PULL · PL **One-arm dumbbell row.** One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist. Swap: One-arm cable row.

PUSH · PU **Half-kneeling one-arm overhead press.** One knee down, squeeze that glute. Press straight up. Ribs stay down. Swap: One-arm dumbbell bench press.

ROTATE · R **Pallof press hold.** Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you. 3 × 20 s hold per side.

LOCOMOTION · LO **Suitcase carry.** One heavy weight in one hand. Walk tall. Do not lean toward it or away from it. 3 × 20 m per side.

DAY 3: CLIMB

Pick loads you could lift about 20 times when fresh.

LUNGE · L **Loaded step-up.** Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly. Swap: Home: stairs with a loaded backpack.

SQUAT · S **Goblet squat.** One dumbbell at your chest. Sit between your heels, knees over toes, stand tall. Swap: Home: two-dumbbell squat.

HINGE · H **Hip thrust.** Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower. Swap: Home: single-leg glute bridge.

PULL · PL **Inverted row or seated cable row.** Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades. Swap: Home: band row.

LOCOMOTION · LO **Farmer carry.** A heavy weight in each hand. Shoulders back, walk tall, short quick steps. 3 × 30 m. Swap: Home: two loaded bags.

HOLDS TO FINISH Front plank, 3 × 30 s. Side plank, 2 × 20 s per side. Ready-position hold, 2 × 30 s, bodyweight. Dead hang, 2 × 20 s.

NOTES

An extra session, a form fix, an idea. Anything I need to remember.

THE SIX WEEKS

The whole phase on one page. Lift A of each day sets the numbers. The lighter week is shaded.

MY GOAL FOR THIS PHASE

WK	DAY 1 · STRENGTH	DAY 2 · SINGLE SIDE	DAY 3 · CLIMB
1	3 × 12 · effort 6 to 7 · rest 60 to 90 s	3 × 12 per side · effort 6 to 7 · rest 60 s	2 × 15 · effort 6 · rest 60 s
2	3 × 12 · effort 7 · rest 60 to 90 s	3 × 12 per side · effort 7 · rest 60 s	3 × 15 · effort 7 · rest 45 s
3	4 × 10 · effort 7 to 8 · rest 90 s	3 × 10 per side · effort 7 to 8 · rest 60 to 90 s	3 × 15 · effort 7 to 8 · rest 30 s
4	4 × 10 · effort 8 · rest 90 s	4 × 10 per side · effort 7 to 8 · rest 60 to 90 s	3 × 20 · effort 7 · rest 45 s
5	4 × 8 · effort 8 · rest 2 min	4 × 8 per side · effort 8 · rest 90 s	3 × 20 · effort 7 to 8 · rest 30 s
6	2 × 10 · effort 6 · rest 60 to 90 s	2 × 10 per side · effort 6 · rest 60 s	Test day

THE 18 WEEKS

BOOK	THEME	WHAT IT BUILDS
Phase One · this book	**Base**	Learn the lifts and build the work capacity that the next two phases stand on.
Phase Two	**Strength**	Lift heavier. More force in every pedal stroke, with the same body weight.
Phase Three	**Climb**	Turn strength into climbing: the heaviest sets of the program, a few jumps, and long loaded circuits.

MY WORKING LOADS

Week 1 is for finding the load that gives the planned effort on each lift. Write it here, then write it again in weeks 3 and 5 to see it move.

MOVE	WEEK 1 (LB)	WEEK 3 (LB)	WEEK 5 (LB)
DAY 1 · STRENGTH			
Goblet squat			
Romanian deadlift			
Push-up or dumbbell bench press			
Lat pulldown or band-assisted pull-up			
DAY 2 · SINGLE SIDE			
Split squat			
Kickstand Romanian deadlift			
One-arm dumbbell row			
Half-kneeling one-arm overhead press			
DAY 3 · CLIMB			
Loaded step-up			
Goblet squat			
Hip thrust			
Inverted row or seated cable row			

START TEST

DATE _____

Six short checks, done a few days before week 1. Warm up first and cool down after. Rest 2 to 3 minutes between checks. You do them again on the test day in week 6.

MY READINESS

SLEEP	1	2	3	4	5	ENERGY	1	2	3	4	5
SORENESS	1	2	3	4	5	STRESS	1	2	3	4	5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

Squat, one hard set of 5 to 8

Use the squat you train with a percent in Phases Two and Three: front squat, back squat, or leg press. Warm up, then build to one hard, clean set of 5 to 8 reps. Stop with 1 good rep left. New to lifting? Do a goblet squat with one dumbbell for clean reps and stop at effort 8.

RESULT · LOAD × REPS _____ NOTE _____

Split squat reps

One fixed load, the same on every test day. Count clean reps on each side. Stop at effort 8, or as soon as form slips.

LEFT · REPS _____ RIGHT · REPS _____

Front plank

Elbows under shoulders, one straight line. Stop the clock when your hips sag.

RESULT · SECONDS _____ NOTE _____

Side plank

Elbow under shoulder, feet stacked. Stop the clock when your hips drop.

LEFT · SECONDS _____ RIGHT · SECONDS _____

Single-leg balance, eyes closed

Stand near a wall. Shoes off, one foot up, eyes closed. Time to the first touch-down. Best of 3 tries. Stop at 60 s.

LEFT · SECONDS

RIGHT · SECONDS

Dead hang

Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.

RESULT · SECONDS

NOTE

One local climb (optional)

The same climb, the same bike, and similar conditions on every test day.

RESULT · TIME

NOTE

◯ Cool-down done

SESSION EFFORT (1 TO 10)

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

NEXT TIME (ONE CHANGE, IN NUMBERS)

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 1

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 12 reps · effort 6 to 7 · rest 60 to 90 s

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Goblet squat** · 3 × 12 reps One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.														
B	**Romanian deadlift** · 2 × 12 reps Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.														
C	**Push-up or dumbbell bench press** · 3 × 12 reps · effort 7 to 8 Body in one line, or feet flat with your back on the bench. Lower under control, press away.														
D	**Lat pulldown or band-assisted pull-up** · 3 × 12 reps · effort 7 to 8 Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.														
E	**Dead bug** · 3 × 8 reps per side On your back, low back down. Reach one arm and the opposite leg long. Switch sides.														

PATTERN S REST 60 to 90 s

PATTERN H REST 60 to 90 s

PATTERN Pu REST 60 s

PATTERN Pl REST 60 s

PATTERN R REST 60 s

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 1

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 12 reps per side · effort 6 to 7 · rest 60 s

Balance first, 5 min: Single-leg stand, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP 1 2 3 4 5 ENERGY 1 2 3 4 5

SORENESS 1 2 3 4 5 STRESS 1 2 3 4 5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															
F															

A **Split squat** · 3 × 12 reps per side PATTERN L REST 60 s
Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.

B **Kickstand Romanian deadlift** · 3 × 12 reps per side PATTERN H REST 60 s
Most of your weight on the front foot, back toes down for balance. Hips back, flat back.

C **One-arm dumbbell row** · 3 × 12 reps per side PATTERN Pl REST 60 s
One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.

D **Half-kneeling one-arm overhead press** · 3 × 12 reps per side PATTERN Pu REST 60 s
One knee down, squeeze that glute. Press straight up. Ribs stay down.

E **Pallof press hold** · 3 × 20 s hold per side PATTERN R REST 60 s
Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.

F **Suitcase carry** · 3 × 20 m per side PATTERN Lo REST 60 s
One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · CLIMB DAY

DAY 3 WEEK 1

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

2 sets × 15 reps · effort 6 · rest 60 s

Long sets. The effort is for set 1. Later sets get harder: keep the load and the rest, and let the reps drop by 1 or 2 if they must. Pick loads you could lift about 20 times when fresh.

MY READINESS

SLEEP	1	2	3	4	5	ENERGY	1	2	3	4	5
SORENESS	1	2	3	4	5	STRESS	1	2	3	4	5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															

A **Loaded step-up** · 2 × 15 reps per side — PATTERN L REST 60 s
Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly.

B **Goblet squat** · 2 × 15 reps — PATTERN S REST 60 s
One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.

C **Hip thrust** · 2 × 15 reps — PATTERN H REST 60 s
Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower.

D **Inverted row or seated cable row** · 2 × 15 reps — PATTERN Pl REST 60 s
Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades.

E **Farmer carry** · 3 × 30 m — PATTERN Lo REST 60 s
A heavy weight in each hand. Shoulders back, walk tall, short quick steps.

HOLDS TO FINISH	SET 1 SECONDS	SET 2 SECONDS	SET 3 SECONDS
Front plank R · 3 × 30 s Elbows under shoulders. One straight line from head to heels. Stop when your hips sag.			
Side plank R · 2 × 20 s per side Elbow under shoulder, feet stacked. Hips high and forward. Stop when they drop.			
Ready-position hold H · 2 × 30 s, bodyweight The descending stance, held still: feet level, hips back, chest low, elbows out, flat back.			
Dead hang P1 · 2 × 20 s Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.			

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 1

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: What load gave me effort 6 or 7 on each lift this week?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 1

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 2

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 12 reps · effort 7 · rest 60 to 90 s

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Goblet squat** · 3 × 12 reps One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.														
B	**Romanian deadlift** · 2 × 12 reps Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.														
C	**Push-up or dumbbell bench press** · 3 × 12 reps · effort 7 to 8 Body in one line, or feet flat with your back on the bench. Lower under control, press away.														
D	**Lat pulldown or band-assisted pull-up** · 3 × 12 reps · effort 7 to 8 Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.														
E	**Dead bug** · 3 × 8 reps per side On your back, low back down. Reach one arm and the opposite leg long. Switch sides.														

PATTERN S REST 60 to 90 s

PATTERN H REST 60 to 90 s

PATTERN Pu REST 60 s

PATTERN Pl REST 60 s

PATTERN R REST 60 s

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 2

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 12 reps per side · effort 7 · rest 60 s

Balance first, 5 min: Single-leg stand, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Split squat** · 3 × 12 reps per side Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.												PATTERN L REST 60 s		
B	**Kickstand Romanian deadlift** · 3 × 12 reps per side Most of your weight on the front foot, back toes down for balance. Hips back, flat back.												PATTERN H REST 60 s		
C	**One-arm dumbbell row** · 3 × 12 reps per side One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.												PATTERN Pl REST 60 s		
D	**Half-kneeling one-arm overhead press** · 3 × 12 reps per side One knee down, squeeze that glute. Press straight up. Ribs stay down.												PATTERN Pu REST 60 s		
E	**Pallof press hold** · 3 × 20 s hold per side Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.												PATTERN R REST 60 s		
F	**Suitcase carry** · 3 × 20 m per side One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.												PATTERN Lo REST 60 s		

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · CLIMB DAY

DAY 3 WEEK 2

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 15 reps · effort 7 · rest 45 s

Long sets. The effort is for set 1. Later sets get harder: keep the load and the rest, and let the reps drop by 1 or 2 if they must. Pick loads you could lift about 20 times when fresh.

MY READINESS

SLEEP	1	2	3	4	5	ENERGY	1	2	3	4	5
SORENESS	1	2	3	4	5	STRESS	1	2	3	4	5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															

A **Loaded step-up** · 3 × 15 reps per side — PATTERN L REST 45 s
Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly.

B **Goblet squat** · 3 × 15 reps — PATTERN S REST 45 s
One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.

C **Hip thrust** · 3 × 15 reps — PATTERN H REST 45 s
Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower.

D **Inverted row or seated cable row** · 3 × 15 reps — PATTERN Pl REST 45 s
Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades.

E **Farmer carry** · 3 × 30 m — PATTERN Lo REST 60 s
A heavy weight in each hand. Shoulders back, walk tall, short quick steps.

HOLDS TO FINISH	SET 1 SECONDS	SET 2 SECONDS	SET 3 SECONDS
Front plank R · 3 × 30 s Elbows under shoulders. One straight line from head to heels. Stop when your hips sag.			
Side plank R · 2 × 20 s per side Elbow under shoulder, feet stacked. Hips high and forward. Stop when they drop.			
Ready-position hold H · 2 × 30 s, bodyweight The descending stance, held still: feet level, hips back, chest low, elbows out, flat back.			
Dead hang P1 · 2 × 20 s Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.			

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 2

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: Which readiness score moved the most, and did a session move with it?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 2

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 3

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

4 sets × 10 reps · effort 7 to 8 · rest 90 s

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															

A **Goblet squat** · 4 × 10 reps PATTERN S REST 90 s

One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.

B **Romanian deadlift** · 3 × 10 reps PATTERN H REST 90 s

Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.

C **Push-up or dumbbell bench press** · 3 × 12 reps · effort 7 to 8 PATTERN Pu REST 60 s

Body in one line, or feet flat with your back on the bench. Lower under control, press away.

D **Lat pulldown or band-assisted pull-up** · 3 × 12 reps · effort 7 to 8 PATTERN Pl REST 60 s

Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.

E **Dead bug** · 3 × 8 reps per side PATTERN R REST 60 s

On your back, low back down. Reach one arm and the opposite leg long. Switch sides.

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 3

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 10 reps per side · effort 7 to 8 · rest 60 to 90 s

Balance first, 5 min: Single-leg stand with slow head turns, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Split squat** · 3 × 10 reps per side Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.														
B	**Kickstand Romanian deadlift** · 3 × 10 reps per side Most of your weight on the front foot, back toes down for balance. Hips back, flat back.														
C	**One-arm dumbbell row** · 3 × 10 reps per side One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.														
D	**Half-kneeling one-arm overhead press** · 3 × 10 reps per side One knee down, squeeze that glute. Press straight up. Ribs stay down.														
E	**Pallof press hold** · 3 × 20 s hold per side Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.														
F	**Suitcase carry** · 3 × 20 m per side One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.														

A PATTERN L REST 60 to 90 s

B PATTERN H REST 60 to 90 s

C PATTERN Pl REST 60 to 90 s

D PATTERN Pu REST 60 to 90 s

E PATTERN R REST 60 s

F PATTERN Lo REST 60 s

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · CLIMB DAY

DAY 3 WEEK 3

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 15 reps · effort 7 to 8 · rest 30 s

Long sets. The effort is for set 1. Later sets get harder: keep the load and the rest, and let the reps drop by 1 or 2 if they must. Pick loads you could lift about 20 times when fresh.

MY READINESS

SLEEP	1	2	3	4	5	ENERGY	1	2	3	4	5
SORENESS	1	2	3	4	5	STRESS	1	2	3	4	5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															

A **Loaded step-up** · 3 × 15 reps per side — PATTERN L REST 30 s
Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly.

B **Goblet squat** · 3 × 15 reps — PATTERN S REST 30 s
One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.

C **Hip thrust** · 3 × 15 reps — PATTERN H REST 30 s
Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower.

D **Inverted row or seated cable row** · 3 × 15 reps — PATTERN Pl REST 30 s
Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades.

E **Farmer carry** · 3 × 30 m — PATTERN Lo REST 60 s
A heavy weight in each hand. Shoulders back, walk tall, short quick steps.

HOLDS TO FINISH	SET 1 SECONDS	SET 2 SECONDS	SET 3 SECONDS
Front plank R · 3 × 30 s Elbows under shoulders. One straight line from head to heels. Stop when your hips sag.			
Side plank R · 2 × 20 s per side Elbow under shoulder, feet stacked. Hips high and forward. Stop when they drop.			
Ready-position hold H · 2 × 30 s, bodyweight The descending stance, held still: feet level, hips back, chest low, elbows out, flat back.			
Dead hang P1 · 2 × 20 s Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.			

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 3

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: Which side was weaker on Day 2, and by how many reps or pounds?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 3

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 4

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

4 sets × 10 reps · effort 8 · rest 90 s

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Goblet squat** · 4 × 10 reps — PATTERN S REST 90 s One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.														
B	**Romanian deadlift** · 3 × 10 reps — PATTERN H REST 90 s Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.														
C	**Push-up or dumbbell bench press** · 3 × 12 reps · effort 7 to 8 — PATTERN Pu REST 60 s Body in one line, or feet flat with your back on the bench. Lower under control, press away.														
D	**Lat pulldown or band-assisted pull-up** · 3 × 12 reps · effort 7 to 8 — PATTERN Pl REST 60 s Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.														
E	**Dead bug** · 3 × 8 reps per side — PATTERN R REST 60 s On your back, low back down. Reach one arm and the opposite leg long. Switch sides.														

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 4

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

4 sets × 10 reps per side · effort 7 to 8 · rest 60 to 90 s

Balance first, 5 min: Single-leg stand with slow head turns, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Split squat** · 4 × 10 reps per side Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.												PATTERN L REST 60 to 90 s		
B	**Kickstand Romanian deadlift** · 4 × 10 reps per side Most of your weight on the front foot, back toes down for balance. Hips back, flat back.												PATTERN H REST 60 to 90 s		
C	**One-arm dumbbell row** · 3 × 10 reps per side One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.												PATTERN Pl REST 60 to 90 s		
D	**Half-kneeling one-arm overhead press** · 3 × 10 reps per side One knee down, squeeze that glute. Press straight up. Ribs stay down.												PATTERN Pu REST 60 to 90 s		
E	**Pallof press hold** · 3 × 20 s hold per side Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.												PATTERN R REST 60 s		
F	**Suitcase carry** · 3 × 20 m per side One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.												PATTERN Lo REST 60 s		

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · CLIMB DAY

DAY 3 WEEK 4

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 20 reps · effort 7 · rest 45 s

Long sets. The effort is for set 1. Later sets get harder: keep the load and the rest, and let the reps drop by 1 or 2 if they must. Pick loads you could lift about 20 times when fresh.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

		SET 1			SET 2			SET 3			SET 4			SET 5		
		REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Loaded step-up** · 3 × 20 reps per side Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly.															
B	**Goblet squat** · 3 × 20 reps One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.															
C	**Hip thrust** · 3 × 20 reps Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower.															
D	**Inverted row or seated cable row** · 3 × 20 reps Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades.															
E	**Farmer carry** · 3 × 30 m A heavy weight in each hand. Shoulders back, walk tall, short quick steps.															

PATTERN L REST 45 s

PATTERN S REST 45 s

PATTERN H REST 45 s

PATTERN Pl REST 45 s

PATTERN Lo REST 60 s

HOLDS TO FINISH	SET 1 SECONDS	SET 2 SECONDS	SET 3 SECONDS
Front plank R · 3 × 30 s Elbows under shoulders. One straight line from head to heels. Stop when your hips sag.			
Side plank R · 2 × 20 s per side Elbow under shoulder, feet stacked. Hips high and forward. Stop when they drop.			
Ready-position hold H · 2 × 30 s, bodyweight The descending stance, held still: feet level, hips back, chest low, elbows out, flat back.			
Dead hang P1 · 2 × 20 s Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.			

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 4

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: Where did I add load this week, and where did I hold?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 4

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 5

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

4 sets × 8 reps · effort 8 · rest 2 min

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Goblet squat** · 4 × 8 reps One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.														
B	**Romanian deadlift** · 3 × 8 reps Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.														
C	**Push-up or dumbbell bench press** · 3 × 12 reps · effort 7 to 8 Body in one line, or feet flat with your back on the bench. Lower under control, press away.														
D	**Lat pulldown or band-assisted pull-up** · 3 × 12 reps · effort 7 to 8 Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.														
E	**Dead bug** · 3 × 8 reps per side On your back, low back down. Reach one arm and the opposite leg long. Switch sides.														

PATTERN S REST 2 min

PATTERN H REST 2 min

PATTERN Pu REST 60 s

PATTERN Pl REST 60 s

PATTERN R REST 60 s

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 5

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

4 sets × 8 reps per side · effort 8 · rest 90 s

Balance first, 5 min: Single-leg stand with slow head turns, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Split squat** · 4 × 8 reps per side — PATTERN L REST 90 s Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.														
B	**Kickstand Romanian deadlift** · 4 × 8 reps per side — PATTERN H REST 90 s Most of your weight on the front foot, back toes down for balance. Hips back, flat back.														
C	**One-arm dumbbell row** · 3 × 8 reps per side — PATTERN Pl REST 90 s One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.														
D	**Half-kneeling one-arm overhead press** · 3 × 8 reps per side — PATTERN Pu REST 90 s One knee down, squeeze that glute. Press straight up. Ribs stay down.														
E	**Pallof press hold** · 3 × 20 s hold per side — PATTERN R REST 60 s Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.														
F	**Suitcase carry** · 3 × 20 m per side — PATTERN Lo REST 60 s One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.														

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · CLIMB DAY

DAY 3 WEEK 5

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

3 sets × 20 reps · effort 7 to 8 · rest 30 s

Long sets. The effort is for set 1. Later sets get harder: keep the load and the rest, and let the reps drop by 1 or 2 if they must. Pick loads you could lift about 20 times when fresh.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															

A **Loaded step-up** · 3 × 20 reps per side — PATTERN L REST 30 s
Box at knee height or lower. Whole foot on the box. Stand up with that leg only, lower slowly.

B **Goblet squat** · 3 × 20 reps — PATTERN S REST 30 s
One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.

C **Hip thrust** · 3 × 20 reps — PATTERN H REST 30 s
Shoulders on a bench, weight on your hips. Drive the hips up, ribs down, pause, lower.

D **Inverted row or seated cable row** · 3 × 20 reps — PATTERN Pl REST 30 s
Body straight, or chest tall. Pull to your lower ribs. Squeeze the shoulder blades.

E **Farmer carry** · 3 × 30 m — PATTERN Lo REST 60 s
A heavy weight in each hand. Shoulders back, walk tall, short quick steps.

HOLDS TO FINISH	SET 1 SECONDS	SET 2 SECONDS	SET 3 SECONDS
Front plank R · 3 × 30 s Elbows under shoulders. One straight line from head to heels. Stop when your hips sag.			
Side plank R · 2 × 20 s per side Elbow under shoulder, feet stacked. Hips high and forward. Stop when they drop.			
Ready-position hold H · 2 × 30 s, bodyweight The descending stance, held still: feet level, hips back, chest low, elbows out, flat back.			
Dead hang P1 · 2 × 20 s Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.			

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 5

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: What has my hardest set done since week 1?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 5

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

PHASE ONE · STRENGTH DAY

DAY 1 WEEK 6

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

2 sets × 10 reps · effort 6 · rest 60 to 90 s

Lighter week. Two sets of everything. No extra sets.

Lower in 2 to 3 s, then drive up. Each row prints its own sets and reps. Stop a set when your form changes.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A	**Goblet squat** · 2 × 10 reps One dumbbell at your chest. Sit between your heels, knees over toes, stand tall.														
B	**Romanian deadlift** · 2 × 10 reps Two dumbbells or a bar. Soft knees, hips back, flat back, slide to mid-shin, stand tall.														
C	**Push-up or dumbbell bench press** · 2 × 12 reps · effort 6 Body in one line, or feet flat with your back on the bench. Lower under control, press away.														
D	**Lat pulldown or band-assisted pull-up** · 2 × 12 reps · effort 6 Chest tall. Pull your elbows down to your ribs. Let the arms go long slowly.														
E	**Dead bug** · 2 × 8 reps per side On your back, low back down. Reach one arm and the opposite leg long. Switch sides.														

PATTERN S REST 60 to 90 s

PATTERN H REST 60 to 90 s

PATTERN Pu REST 60 s

PATTERN Pl REST 60 s

PATTERN R REST 60 s

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

PHASE ONE · SINGLE SIDE DAY

DAY 2 WEEK 6

BLOCK _____ DATE _____

TODAY START TIME DURATION (MIN)

2 sets × 10 reps per side · effort 6 · rest 60 s

Lighter week. Two sets of everything. No extra sets.

Balance first, 5 min: Single-leg stand with slow head turns, 3 × 30 s per side. Three-way toe reach, 2 × 5 per side. Stand near a wall or a rack.

Weaker side first. The stronger side matches its reps and load, no more.

MY READINESS

SLEEP (1) (2) (3) (4) (5) ENERGY (1) (2) (3) (4) (5)

SORENESS (1) (2) (3) (4) (5) STRESS (1) (2) (3) (4) (5)

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

	SET 1			SET 2			SET 3			SET 4			SET 5		
	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
A															
B															
C															
D															
E															
F															

A **Split squat** · 2 × 10 reps per side PATTERN L REST 60 s
Feet split, hip-width apart. Drop the back knee straight down. Drive up through the front foot.

B **Kickstand Romanian deadlift** · 2 × 10 reps per side PATTERN H REST 60 s
Most of your weight on the front foot, back toes down for balance. Hips back, flat back.

C **One-arm dumbbell row** · 2 × 10 reps per side PATTERN Pl REST 60 s
One hand on a bench, flat back. Pull the dumbbell to your hip. Do not twist.

D **Half-kneeling one-arm overhead press** · 2 × 10 reps per side PATTERN Pu REST 60 s
One knee down, squeeze that glute. Press straight up. Ribs stay down.

E **Pallof press hold** · 2 × 20 s hold per side PATTERN R REST 60 s
Side-on to a band or cable at chest height. Press out and hold. Do not let it turn you.

F **Suitcase carry** · 2 × 20 m per side PATTERN Lo REST 60 s
One heavy weight in one hand. Walk tall. Do not lean toward it or away from it.

SET 1			SET 2			SET 3			SET 4			SET 5		
REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.	REPS	LB	EFF.
7 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														
8 EXTRA MOVE, IF ANY _____ PATTERN _____ REST _____														

CARDIO WHAT _____ MINUTES _____ EFFORT _____

SESSION EFFORT (1 TO 10)

◯ Cool-down done

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

HOW IT FELT

FORM NOTE

NEXT TIME (ONE CHANGE, IN NUMBERS)

ONE WIN

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

TEST DAY WEEK 6

BLOCK _____ DATE _____

The same six checks, in place of Day 3 this week. Warm up first and cool down after. Rest 2 to 3 minutes between checks. Copy the start numbers from the front of this book.

MY READINESS

SLEEP	1	2	3	4	5	ENERGY	1	2	3	4	5
SORENESS	1	2	3	4	5	STRESS	1	2	3	4	5

◯ I ate in the last 1 to 3 hours ◯ I drank water, and have some with me

◯ Warm-up done NOTE _____

Squat, one hard set of 5 to 8

Use the squat you train with a percent in Phases Two and Three: front squat, back squat, or leg press. Warm up, then build to one hard, clean set of 5 to 8 reps. Stop with 1 good rep left. New to lifting? Do a goblet squat with one dumbbell for clean reps and stop at effort 8.

START · LOAD × REPS _____ TODAY · LOAD × REPS _____

Split squat reps

One fixed load, the same on every test day. Count clean reps on each side. Stop at effort 8, or as soon as form slips.

START · REPS, L / R _____ TODAY · REPS, L / R _____

Front plank

Elbows under shoulders, one straight line. Stop the clock when your hips sag.

START · SECONDS _____ TODAY · SECONDS _____

Side plank

Elbow under shoulder, feet stacked. Stop the clock when your hips drop.

START · SECONDS, L / R _____ TODAY · SECONDS, L / R _____

Single-leg balance, eyes closed

Stand near a wall. Shoes off, one foot up, eyes closed. Time to the first touch-down. Best of 3 tries. Stop at 60 s.

START · SECONDS, L / R

TODAY · SECONDS, L / R

Dead hang

Hang from a bar, shoulders pulled down. Step down to a box before your grip gives out.

START · SECONDS

TODAY · SECONDS

One local climb (optional)

The same climb, the same bike, and similar conditions on every test day.

START · TIME

TODAY · TIME

◯ Cool-down done

SESSION EFFORT (1 TO 10)

1 2 3 4 5 6 7 8 9 10

ANYTHING HURT? I STOP THAT MOVE AND WRITE IT HERE.

Compare with your own start numbers only. There is no chart and no score to beat.

WHAT CHANGED SINCE THE START OF THIS PHASE

WHAT I TAKE INTO THE NEXT PHASE

Effort 8: you could do 2 more good reps. Effort 9: 1 more. In this program, never go to 10. If a move hurts, stop. Chest pain or pressure? Stop. Call 911.

MY WEEKLY REVIEW

WEEK 6

DATE _____

SESSIONS I DID (OF PLANNED) _____

MY HARDEST SET THIS WEEK (EXERCISE, LOAD, REPS, EFFORT)

SETS BY PATTERN THIS WEEK

SQUAT	LUNGE	HINGE	PUSH	PULL	ROTATE	LOCOMOTION

MY READINESS AVERAGES and the week's totals

SLEEP	ENERGY	SORENESS	STRESS	SESSION EFFORT AVG.	TOTAL MINUTES	CARDIO MINUTES

WHAT MY LOG SAYS

Where did I add load or reps this week?

Where did effort climb while the numbers stood still?

On my lowest-readiness day, how did the session go?

This week's question: Reading the whole block: what did readiness predict, and what did it miss?

NEXT WEEK I WILL CHANGE ONE THING

WINS I EARNED THIS WEEK

1

2

3

WEEK 6

RIDES

This week: Two or three easy rides. Effort 3 to 4: you can talk in full sentences. Make the long ride a little longer than last week.

DATE	WHAT I RODE	MINUTES	EFFORT

NOTES

AFTER WEEK 6

BLOCK REVIEW

DATE _____

Six weeks are behind you. Read your own pages before you write a word here.

MY BEST SETS THIS BLOCK (EXERCISE, LOAD X REPS, DATE)

THE PATTERN I SAW BETWEEN READINESS AND PERFORMANCE

MY EASY WEEK (WHEN, AND WHAT CHANGED)

WHAT I KEEP

WHAT I DROP

WHAT I CHANGE IN THE NEXT BLOCK

MY NEXT BLOCK STARTS ON

PERSONAL BESTS, WITH THE DATE

MY RECORDS

EXERCISE	DATE	LOAD X REPS	EST. 1RM

Estimated one-rep max (Epley): load x (1 + reps / 30). There is no need to test a true max to check it. fitnessapplied.com/fitness/rep-max does the math.

REPS | MULTIPLY THE LOAD BY

1 rep × **1.00**	2 reps × **1.07**	3 reps × **1.10**	4 reps × **1.13**	5 reps × **1.17**
6 reps × **1.20**	7 reps × **1.23**	8 reps × **1.27**	9 reps × **1.30**	10 reps × **1.33**

NOTES

An extra session, a form fix, an idea. Anything I need to remember.

LEGAL

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This book holds a program and a log. The program is general fitness information written by Fitness Applied for adults 18 and over. It was not written for any one reader. The reader follows the safety notes printed with it. The program in this edition uses dumbbells, kettlebells, machines, cables, and bars; the reader has the gym's staff show them each machine before loading it, and learns any barbell lift from a qualified coach, in person.

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The effort scale, the readiness scores, and the estimated one-rep max in this book are the reader's own ratings and estimates, not medical tests or validated clinical assessments.

This book names no partner and is endorsed by none. References to the HHS Physical Activity Guidelines, the CDC, and the PAR-Q+ are to public documents, paraphrased in plain words; their authors did not review this book.

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JRNL, Gym JRNL, and Built Daily are names used by Fitness Applied. Tools, including the effort scale and the rep-max calculator, are at fitnessapplied.com.