

Your first eight weeks of strength

A gradual start with technique, effort and a repeatable A/B week.

01 / Understand the starting point

Begin with two appointments you can keep, separated by an easier day. Choose a supported squat, a hinge, a push, a pull and a trunk exercise. Open the technique guides before choosing resistance.

02 / Make the useful distinction

During weeks 1-2, rehearse each pattern and try one or two comfortable sets. Finish while several controlled repetitions remain possible. Repeat familiar exercises so you can distinguish improved skill from novelty.

03 / Put it into practice

During weeks 3-5, add repetitions within a chosen range. Add a set only if the existing work fits your time and recovery. During weeks 6-8, increase resistance modestly after the top of the range is repeatable.

04 / Review and adapt

Record the variation, load, repetitions and effort. A higher push-up surface or a smaller squat range is a useful starting choice. Stop for pain, dizziness or unusual symptoms and seek suitable advice.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Monday A: chair squat, incline push-up, band row and dead bug. Thursday B: hinge, low step-up, row and carry. Use 1-2 sets of 8-12 for strength; adjust the trunk drill from its guide. Walk comfortably between sessions.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Training day	Exercise and variation	Load / resistance	Sets and reps	Effort / next action

Evidence and original clinical reading

<https://acsm.org/resistance-training-guidelines-update-2026/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.