

Build a balanced full-body week

Combine complementary movement patterns with realistic recovery space.

01 / Understand the starting point

Start by marking work, caregiving and sport commitments. Choose two strength anchors before adding optional sessions. Your calendar should reflect what you can repeat, not an ideal week that rarely happens.

02 / Make the useful distinction

Across the anchors include knee-dominant legs, a hinge, pushing, pulling and trunk work. A squat and a hinge do different jobs; changing exercise names is not enough to guarantee balance.

03 / Put it into practice

Add enjoyable aerobic movement on days that fit. Keep demanding sessions for the same region apart where practical. An easier day may be walking, comfortable mobility or complete rest.

04 / Review and adapt

Use the Daily builder to open each session before placing it. Save the week, then review completion and recovery. A calendar describes the plan; log actual sessions separately in Progress.

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

Mon: full-body A. Tue: easy walk. Wed: recovery. Thu: full-body B. Fri: easy bike. Sat: recreation. Sun: review. Protect the two anchors before expanding.

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.

Day	Primary session	Movement patterns	Duration	Backup / recovery choice

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.