

Home training equipment audit

Match each movement to the equipment and space you actually have.

01 / Understand the starting point

Inventory the floor space, stable supports and resistance available. A chair must be stable; a band anchor must be suitable for the intended load. Avoid improvising supports from unstable furniture.

02 / Make the useful distinction

Bodyweight training can cover legs, pushing and trunk work. A wall slide is shoulder-control practice, not a replacement for a loaded row. Record any pulling-equipment gap honestly.

03 / Put it into practice

With dumbbells, choose floor presses if no bench is available and unsupported one-arm rows only when you can maintain control. Use exercise guides to check the equipment needed for each movement.

04 / Review and adapt

Progress with repetitions, suitable leverage or available resistance. If your weights become too light, review exercise selection and equipment rather than rushing repetitions or forcing extreme ranges.

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

Small kit: mat, one adjustable pair of dumbbells, stable chair. Squat, Romanian deadlift, floor press, one-arm row and suitcase carry cover complementary patterns without a bench.

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.

Pattern	Available equipment	Chosen exercise	Space / setup check	Next progression

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.