

Muscle-building volume audit

Count useful work, observe recovery and choose a manageable adjustment.

01 / Understand the starting point

Volume is the amount of training performed; for practical muscle planning, working sets are a useful approximation. A set list does not capture effort, range, technique or how well you recover.

02 / Make the useful distinction

List sets by region for the week. Do not count every warm-up as a challenging working set. Account for overlap when presses also train triceps or rows also train elbow flexors.

03 / Put it into practice

Keep exercise choices stable long enough to measure improvement. When performance and recovery are steady, consider adding one set to a priority region rather than raising everything at once.

04 / Review and adapt

Food, sleep and consistency affect the response. If repetitions fall, soreness disrupts normal activity or sessions become unmanageable, reduce extra work and reassess before buying another program.

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

A chest plan might use two pressing sessions and one accessory movement. Write the actual working sets and effort first; use the log to decide whether more work is needed.

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.

Muscle region	Weekly exercises	Working sets	Performance trend	Keep / add / reduce

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.