

THE RESET CO.

12-Week Training Log

The dumbbell number is the real scale. Log every session.

STRENGTH FILE 3 OF 6

How to Use This Log

Print it. Put it on a clipboard next to your water bottle. Write in it every single session — that's the whole instruction.

Here's why it matters. The bathroom scale measures water, hormones, and what you ate at 8 p.m. It moves slowly and lies daily. **This log is the real scale.** When "8 books in a backpack" becomes "15-lb dumbbell," when 20 seconds of plank becomes 40, when Set 3 stops being the hard one — that's your body changing, in ink, in your own handwriting. Women who log see progress they'd otherwise talk themselves out of.

How to fill in a session:

1. **Date the session** and check its box in the week header.
2. **Write weight × reps in each set box** as you finish the set, not after the session (you will not remember). Bodyweight moves: just write reps. Carries: weight × steps. Planks: seconds.
3. **Do the RIR check.** RIR = reps in reserve — how many more you *could* have done with good form. This program never trains to failure. If you ended sets with the target left in the tank, check "on target." If a set turned into a grind, check "too close" and hold the weight steady next time. If you finished feeling like you barely started, check "too easy" — that's your green light to add.
4. **One honest line on "How it felt."** Tired, strong, cranky knee, slept badly, best session yet — anything. In Week 9 you'll read your Week 2 lines and grin.

The progression rule, on repeat: work within the rep range. When you hit the *top* of the range on *all* sets with good form and reps still in reserve, add a little load next session and drop back to the bottom of the range. Your log is how you know it's time.

Minimum-viable week = Session A + Session B. It's printed in every week header because it's true in every week. Two sessions logged is a successful week. A skipped session gets no box checked and no apology written.

Week 1 Benchmark Page

Before or during your first Session A, take five minutes and record these four baselines. Comfortable effort only — this is a starting photo, not a test. Stop each one while you could still do more.

Benchmark date: _____

1. Squat reps to comfortable effort (Chair Squat, steady tempo, stop with 3–4 reps in the tank)

Reps: __ Level used: ☐ Chair Squat ☐ Box Squat

2. Pushup level & reps (wall or incline — whichever you can do 5+ of with good form)

Level: ☐ Wall ☐ Incline (surface: __) Reps: _____

3. Carry weight & steps (Farmer Carry, household weights — jugs, loaded bags)

Weight: __ per hand Steps: _

4. Plank time (wall or forearm — stop at steady effort, not shaking collapse)

Level: ☐ Wall ☐ Forearm Time: __ seconds

One sentence about how your body feels today:

You'll write these same four lines again in Week 12, side by side with these. Keep this page.

PHASE 1 — FOUNDATION • Weeks 1–4

All Phase 1 weeks: **8–12 reps** (carries 30–40 steps • planks 20–40 seconds) • **3–4 RIR** • rest **60–90 seconds** between sets. Week 1 = 2 sets (leave the Set 3 column blank). Weeks 2–4 = 3 sets.

WEEK 1

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • **2 sets this week — Set 3 stays blank**

Session A — Squat + Push • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	—
Wall/Incline Pushup	8–12	_ x _	_ x _	—
Glute Bridge	8–12	_ x _	_ x _	—
Farmer Carry	30–40 steps	_ x _	_ x _	—
Dead Bug	8–12/side	_ x _	_ x _	—
Calf Raise	8–12	_ x _	_ x _	—

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B — Hinge + Pull • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Doorway Hinge	8–12	_ x _	_ x _	—
Backpack Row	8–12	_ x _	_ x _	—
Bodyweight Step-Up	8–12/leg	_ x _	_ x _	—
Wall/Forearm Plank	20–40 sec	___ sec	___ sec	—
Bird Dog	8–12/side	_ x _	_ x _	—
Heel Drops (opt-in)	10 slow drops	___	___	—

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C — Full Body • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	—
Backpack Row	8–12	_ x _	_ x _	—
Glute Bridge	8–12	_ x _	_ x _	—
Farmer Carry	30–40 steps	_ x _	_ x _	—
Dead Bug	8–12/side	_ x _	_ x _	—
Calf Raise	8–12	_ x _	_ x _	—
Heel Drops (opt-in)	10 slow drops	___	___	—

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 2

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • 3 sets from now on

Session A — Squat + Push • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Wall/Incline Pushup	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B — Hinge + Pull • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Doorway Hinge	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Bodyweight Step-Up	8–12/leg	_ x _	_ x _	_ x _
Wall/Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C — Full Body • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 3

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • Doorway Hinge goes weighted this week (backpack)

Session A — Squat + Push • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Wall/Incline Pushup	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B — Hinge + Pull • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Doorway Hinge (weighted — backpack)	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Bodyweight Step-Up	8–12/leg	_ x _	_ x _	_ x _
Wall/Forearm Plank	20–40 sec	____ sec	____ sec	____ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	____	____	____

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C — Full Body • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 4

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • Last week of Phase 1 — dumbbells arrive next week

Session A — Squat + Push • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Wall/Incline Pushup	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B — Hinge + Pull • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Doorway Hinge (weighted — backpack)	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Bodyweight Step-Up	8–12/leg	_ x _	_ x _	_ x _
Wall/Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C — Full Body • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Chair/Box Squat	8–12	_ x _	_ x _	_ x _
Backpack Row	8–12	_ x _	_ x _	_ x _
Glute Bridge	8–12	_ x _	_ x _	_ x _
Farmer Carry	30–40 steps	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (3–4 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Phase Transition — Week 4 → Week 5

You just finished four weeks of foundation work. Before the dumbbells come out, take three minutes with a pen.

1. Flip back to Week 1. What can you do now that felt hard then?

2. Where do you notice it outside training — stairs, groceries, floor, energy?

3. Phase 2 starts with dumbbells. Which starting weights will you use? (Pick from the Home Gym Setup selection table — conservative is correct.)

Goblet Squat: __ lb • DB Romanian Deadlift: __ lb/hand • One-Arm DB Row: __ lb

☐ Dumbbells ready (or household substitutions picked from Home Gym Setup)

PHASE 2 — LOAD • Weeks 5–8

All Phase 2 weeks: **3 sets • 8–12 reps** (carries 30–40 steps • planks 20–40 seconds) • **2–3 RIR** • rest **90–120 seconds**. Double progression: top of range on all sets → add weight next session, drop back to 8.

WEEK 5

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • New weights should feel almost too easy — that's the plan

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
DB Floor Press	8–12	_ x _	_ x _	_ x _
DB Step-Up	8–12/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift	8–12	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Glute Bridge (add DB on hips)	8–12	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	____ sec	____ sec	____ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	____	____	____

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Half-Kneeling DB Overhead Press	8–12/arm	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Farmer Carry (DBs)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 6

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
DB Floor Press	8–12	_ x _	_ x _	_ x _
DB Step-Up	8–12/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift	8–12	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Glute Bridge (add DB on hips)	8–12	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	8–12/arm	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Farmer Carry (DBs)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 7

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
DB Floor Press	8–12	_ x _	_ x _	_ x _
DB Step-Up	8–12/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift	8–12	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Glute Bridge (add DB on hips)	8–12	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	____ sec	____ sec	____ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	____	____	____

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Half-Kneeling DB Overhead Press	8–12/arm	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Farmer Carry (DBs)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

WEEK 8

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • Last week of Phase 2

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
DB Floor Press	8–12	_ x _	_ x _	_ x _
DB Step-Up	8–12/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	8–12/side	_ x _	_ x _	_ x _
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift	8–12	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Glute Bridge (add DB on hips)	8–12	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	8–12/side	_ x _	_ x _	_ x _
Heel Drops (opt-in)	10 slow drops	___	___	___

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat	8–12	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	8–12/arm	_ x _	_ x _	_ x _
One-Arm DB Row	8–12/arm	_ x _	_ x _	_ x _
Farmer Carry (DBs)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	8–12	_ x _	_ x _	_ x _

RIR check (2–3 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

How it felt: _____

Phase Transition — Week 8 → Week 9

Eight weeks in. Two-thirds done. Pen out.

1. Compare your Week 5 dumbbell numbers to this week's. Write the two that moved the most.

Week 5: ____ → Week 8: ____

Week 5: ____ → Week 8: ____

2. What do you do differently in ordinary life now — without thinking about it?

3. Phase 3 drops the reps to 6–10 and asks for 2 RIR — heavier, closer, still never to failure. What will “2 left in the tank” feel like for you, honestly?

PHASE 3 — BUILD • Weeks 9–12

All Phase 3 weeks: **3 sets • 6–10 reps on main lifts** (last core/calf moves stay 10–12 • carries 30–40 steps • planks 20–40 seconds) • **2 RIR** • rest **90–120 seconds**. Optional 4-minute finisher after any session: carries or step-ups, easy pace.

WEEK 9

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • Heavier and fewer reps — go up in weight, down to 6–8 reps

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Double-DB Front Squat	6–10	_ x _	_ x _	_ x _
Incline-to-Floor Pushup	6–10	_ x _	_ x _	_ x _
DB Step-Up	6–10/leg	_ x _	_ x _	_ x _

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	10–12/side	_ x _	_ x _	_ x _
Low Hops / March-to-Hop (opt-in)	10 easy hops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift (heavier)	6–10	_ x _	_ x _	_ x _
One-Arm DB Row (heavier)	6–10/arm	_ x _	_ x _	_ x _
DB Hip Thrust	6–10	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	10–12/side	_ x _	_ x _	_ x _
Heel Drops	10 slow drops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat (heavier)	6–10	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	6–10/arm	_ x _	_ x _	_ x _
Backpack/DB Row	6–10	_ x _	_ x _	_ x _

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Farmer Carry (heavy)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	10–12	_ x _	_ x _	_ x _

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

WEEK 10

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Double-DB Front Squat	6–10	_ x _	_ x _	_ x _
Incline-to-Floor Pushup	6–10	_ x _	_ x _	_ x _
DB Step-Up	6–10/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	10–12/side	_ x _	_ x _	_ x _
Low Hops / March-to-Hop (opt-in)	10 easy hops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift (heavier)	6–10	_ x _	_ x _	_ x _
One-Arm DB Row (heavier)	6–10/arm	_ x _	_ x _	_ x _
DB Hip Thrust	6–10	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	10–12/side	_ x _	_ x _	_ x _
Heel Drops	10 slow drops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy – add next time

Optional 4-min finisher: ☐ Done – what/weight: _____

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat (heavier)	6–10	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	6–10/arm	_ x _	_ x _	_ x _
Backpack/DB Row	6–10	_ x _	_ x _	_ x _
Farmer Carry (heavy)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	10–12	_ x _	_ x _	_ x _

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy – add next time

Optional 4-min finisher: ☐ Done – what/weight: _____

How it felt: _____

WEEK 11

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Double-DB Front Squat	6–10	_ x _	_ x _	_ x _
Incline-to-Floor Pushup	6–10	_ x _	_ x _	_ x _
DB Step-Up	6–10/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	10–12/side	_ x _	_ x _	_ x _
Low Hops / March-to-Hop (opt-in)	10 easy hops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift (heavier)	6–10	_ x _	_ x _	_ x _
One-Arm DB Row (heavier)	6–10/arm	_ x _	_ x _	_ x _
DB Hip Thrust	6–10	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	10–12/side	_ x _	_ x _	_ x _
Heel Drops	10 slow drops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat (heavier)	6–10	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	6–10/arm	_ x _	_ x _	_ x _
Backpack/DB Row	6–10	_ x _	_ x _	_ x _
Farmer Carry (heavy)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	____ sec	____ sec	____ sec
Calf Raise	10–12	_ x _	_ x _	_ x _

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy — add next time

Optional 4-min finisher: ☐ Done — what/weight: _____

How it felt: _____

WEEK 12 — TEST WEEK

☐ Session A ☐ Session B ☐ Session C • Minimum-viable week: A + B • Log sessions as normal, then repeat your Week 1 benchmarks (fresh day or after your warmup ramp, before a session)

Session A • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Double-DB Front Squat	6–10	_ x _	_ x _	_ x _
Incline-to-Floor Pushup	6–10	_ x _	_ x _	_ x _
DB Step-Up	6–10/leg	_ x _	_ x _	_ x _
Suitcase Carry	30–40 steps/side	_ x _	_ x _	_ x _
Dead Bug	10–12/side	_ x _	_ x _	_ x _

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Low Hops / March-to-Hop (opt-in)	10 easy hops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy

How it felt: _____

Session B • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
DB Romanian Deadlift (heavier)	6–10	_ x _	_ x _	_ x _
One-Arm DB Row (heavier)	6–10/arm	_ x _	_ x _	_ x _
DB Hip Thrust	6–10	_ x _	_ x _	_ x _
Side Plank	20–40 sec/side	___ sec	___ sec	___ sec
Bird Dog	10–12/side	_ x _	_ x _	_ x _
Heel Drops	10 slow drops	___	___	___

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy

How it felt: _____

Session C • Date: __

Exercise	Target	Set 1 (wt × reps)	Set 2 (wt × reps)	Set 3 (wt × reps)
Goblet Squat (heavier)	6–10	_ x _	_ x _	_ x _
Half-Kneeling DB Overhead Press	6–10/arm	_ x _	_ x _	_ x _
Backpack/DB Row	6–10	_ x _	_ x _	_ x _
Farmer Carry (heavy)	30–40 steps	_ x _	_ x _	_ x _
Forearm Plank	20–40 sec	___ sec	___ sec	___ sec
Calf Raise	10–12	_ x _	_ x _	_ x _

RIR check (2 in the tank): ☐ On target ☐ Too close ☐ Too easy

How it felt: _____

Week 12 Benchmark Retest — Week 1 vs Week 12

Same four tests as Week 1, same rules: comfortable effort, stop with reps in the tank. Then copy your Week 1 numbers into the left column and sit with the difference for a minute. You earned every line of it.

Retest date: _____

Benchmark	Week 1	Week 12
Squat reps to comfortable effort (level used)	__ (☐ Chair ☐ Box)	__ (☐ Chair ☐ Box)
Pushup level & reps	☐ Wall ☐ Incline · __ reps	☐ Wall ☐ Incline ☐ Floor · __ reps
Carry weight & steps	_ × _	_ × _
Plank level & time	☐ Wall ☐ Forearm · __ sec	☐ Wall ☐ Forearm · __ sec

Dumbbell weights reached by Week 12 (top working weight, good form, 2 RIR):

Movement	Started with (Wk 5)	Reached by Wk 12
Goblet Squat	__ lb	__ lb
DB Romanian Deadlift	__ lb/hand	__ lb/hand
One-Arm DB Row	__ lb	__ lb
DB Floor Press	__ lb/hand	__ lb/hand
Half-Kneeling DB Overhead Press	__ lb/hand	__ lb/hand
Farmer/Suitcase Carry	__ lb/hand	__ lb/hand

What's next: ☐ Repeat Weeks 9–12 heavier ☐ Restart at Week 5 with new starting weights ☐ Gym translation (core guide, Chapter 8)

The sentence you get to write now:

Twelve weeks ago I _____. Today I _____.

PR Tracker

A PR — personal record — is any best-ever: heaviest weight, most reps at a weight, longest plank, first floor pushup. Every one goes here, dated, no matter how small it would look to anyone else. Nobody else's opinion is stored on this page.

Movement	Date	Weight × Reps (or time/steps)
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____

Movement	Date	Weight × Reps (or time/steps)
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____
_____	__	_____