



WEIGHTED VEST TRAINING GUIDE & WORKOUT LOG

Progressive fixed-load programmes for 5 kg and 10 kg vests

FORM FIRST | PROGRESS GRADUALLY

DEVELOPED BY MARTIN SCHUSTER

Certified strength coach with more than 12 years of training experience

USER GUIDE | ENGLISH EDITION

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Use the guide first, then select the workout log that matches your vest.

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WELCOME

A practical guide for structured training with a fixed-weight vest.

A weighted vest can add resistance to familiar movements without changing the basic structure of your session. The aim of this guide is simple: secure the vest, select a manageable level, train with controlled technique and record what you complete.

IMPORTANT SAFETY INFORMATION

This guide provides general fitness information and is not medical advice. If you are new to exercise, pregnant, under 18, recovering from injury, or have cardiovascular, balance, joint or musculoskeletal concerns, seek advice from a qualified healthcare professional before training. Stop immediately if you experience sharp pain, dizziness, chest pain, faintness or unusual breathlessness.

BEFORE EACH SESSION	DURING THE SESSION
- Check the vest, straps and closures. - Secure a close fit without restricting breathing. - Clear the training area and use a stable surface. - Warm up for 5-10 minutes without the vest.	- Keep every repetition controlled. - Leave 2-3 good repetitions in reserve. - Rest 60-120 seconds as needed. - Stop when form changes or the vest shifts.

Developed by Martin Schuster, certified strength coach with more than 12 years of training experience.

YOUR STARTING POINT

Record a simple baseline before beginning the first four-week block.

DATE	VEST	TRAINING EXPERIENCE
	5 kg / 10 kg	New / Some / Experienced

BASELINE CHECK

MOVEMENT	COMFORTABLE RESULT	FORM / NOTES
Bodyweight squat		
Incline or floor push-up		
Reverse lunge		
Front plank		
Brisk walk		

CHOOSE THE APPROPRIATE LOAD

The vest load is fixed. Use 5 kg if you are new to vest training or want longer, lower-intensity sessions. Use 10 kg only when you already perform the listed movements with stable technique. If 10 kg changes your range of motion, posture or balance, use a lighter option or train without the vest.

PROGRESS WITH A FIXED LOAD

The weight does not change - your training variables do.

1**REPETITIONS**

Add one controlled repetition per set within the stated range.

2**SETS**

Add one set only after all repetitions remain smooth and stable.

3**TEMPO**

Slow the lowering phase to 2-3 seconds without losing position.

4**RANGE**

Use a slightly deeper or longer range only when it is comfortable and controlled.

5**DURATION**

For walking, add 2-5 minutes at a time. Increase pace only after duration feels manageable.

PROGRESSION RULE

Change one variable at a time. Progress only after completing two sessions with stable technique and approximately 2-3 repetitions still available at the end of each set. A harder session is not automatically a better session.

FOUNDATION PLAN

For new vest users or anyone returning after a break.

DAY	SESSION	GUIDANCE
MON	Workout A	2 sets per exercise
TUE	Rest / easy walk	10-20 min, vest optional
WED	Rest	Mobility or normal activity
THU	Workout B	2 sets per exercise
FRI	Rest	
SAT	Easy walk	10-20 min, vest optional
SUN	Rest	

HOW TO PROGRESS

Repeat for 2-4 weeks. Add repetitions before adding sets. Use the 5 kg option unless you already have relevant strength-training experience.

SESSION STANDARD

Warm up first. Rest 60-120 seconds between sets. Finish each set with 2-3 good repetitions still available. Choose either the 5 kg or 10 kg log pages that match the vest you own; this plan does not require both loads.

FOUNDATION PLUS PLAN

For consistent beginners with stable movement technique.

DAY	SESSION	GUIDANCE
MON	Workout A	2-3 sets
TUE	Easy walk	15-25 min
WED	Workout B	2-3 sets
THU	Rest	
FRI	Workout A	2 sets
SAT	Rest / easy walk	Vest optional
SUN	Rest	

HOW TO PROGRESS

Alternate the third weekly workout: A in week one, B in week two. Keep at least one full rest day between harder sessions where possible.

SESSION STANDARD

Warm up first. Rest 60-120 seconds between sets. Finish each set with 2-3 good repetitions still available. Choose either the 5 kg or 10 kg log pages that match the vest you own; this plan does not require both loads.

INTERMEDIATE PLAN

For regular exercisers who can complete both workouts confidently.

DAY	SESSION	GUIDANCE
MON	Workout A	3 sets
TUE	Brisk walk	20-30 min
WED	Workout B	3 sets
THU	Rest	
FRI	Workout A	3 sets
SAT	Easy walk / mobility	Vest optional
SUN	Rest	

HOW TO PROGRESS

Build within the recommended repetition ranges. If fatigue carries into the next session, shorten the walk or reduce one set.

SESSION STANDARD

Warm up first. Rest 60-120 seconds between sets. Finish each set with 2-3 good repetitions still available. Choose either the 5 kg or 10 kg log pages that match the vest you own; this plan does not require both loads.

ADVANCED PLAN

For trained users who recover well from three weekly vest sessions.

DAY	SESSION	GUIDANCE
MON	Workout A	3 sets, controlled tempo
TUE	Workout B	2-3 sets
WED	Rest	
THU	Workout A	3 sets
FRI	Rest / easy walk	15-25 min
SAT	Workout B	2-3 sets
SUN	Rest	

HOW TO PROGRESS

Do not turn every set into a maximum effort. Use a slower tempo or one additional set only when form remains consistent across the week.

SESSION STANDARD

Warm up first. Rest 60-120 seconds between sets. Finish each set with 2-3 good repetitions still available. Choose either the 5 kg or 10 kg log pages that match the vest you own; this plan does not require both loads.

EXPERIENCED PLAN

For experienced trainees using the vest to supplement an established plan.

DAY	SESSION	GUIDANCE
MON	Workout A	3-4 sets
TUE	Easy conditioning	20-35 min
WED	Workout B	3-4 sets
THU	Rest	
FRI	Workout A or B	3 sets
SAT	Optional technique session	Short and submaximal
SUN	Rest	

HOW TO PROGRESS

Use the vest as one part of your programme. Preserve at least one complete rest day and reduce volume during demanding weeks. Running with load is optional and should be introduced gradually by experienced runners only.

SESSION STANDARD

Warm up first. Rest 60-120 seconds between sets. Finish each set with 2-3 good repetitions still available. Choose either the 5 kg or 10 kg log pages that match the vest you own; this plan does not require both loads.

BLANK WORKOUT LOG

Use this page for your own session or as an extra copy.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 01 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 02 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 03 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 04 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 05 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 06 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 07 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 08 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 09 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 5 KG

Session 10 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	8-12 reps				
Incline or floor push-up	6-12 reps				
Reverse lunge	6-10 / side				
Step-up on stable platform	8-12 / side				
Standing calf raise	10-15 reps				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 01 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 02 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 03 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 04 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 05 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 06 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 07 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 08 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 09 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT A - 10 KG

Session 10 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Vest squat	6-10 reps				
Incline or floor push-up	5-10 reps				
Reverse lunge	5-8 / side				
Step-up on stable platform	6-10 / side				
Standing calf raise	8-12 reps				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 01 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 02 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 03 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 04 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 05 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 06 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 07 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 08 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 09 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 5 KG

Session 10 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	6-10 / side				
Incline or floor push-up	6-12 reps				
Side lunge	6-10 / side				
Glute bridge	10-15 reps				
Front plank	20-40 sec				

OPTIONAL CONDITIONING Optional 10-25 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 01 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 02 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 03 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 04 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 05 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 06 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 07 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 08 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 09 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

WORKOUT B - 10 KG

Session 10 of 10 | Record completed work, not intended work.

DATE	SLEEP (1-5)	ENERGY (1-5)	SESSION RPE (1-10)

EXERCISE	TARGET	SET 1	SET 2	SET 3	NOTES
Split squat	5-8 / side				
Incline or floor push-up	5-10 reps				
Side lunge	5-8 / side				
Glute bridge	8-12 reps				
Front plank	15-30 sec				

OPTIONAL CONDITIONING Optional 8-20 min easy-to-brisk walk

Completed: _____

SESSION NOTES

If form deteriorates, stop the set. Rest longer or reduce the next session rather than training through pain or dizziness.

PROGRESS OVERVIEW

Compare controlled performance over time. Progress is individual and is not guaranteed.

MOVEMENT	BASELINE	CURRENT	CHANGE	NOTES
Vest squat				
Push-up				
Reverse lunge				
Step-up				
Split squat				
Front plank				
Brisk walk				

FOUR-WEEK REVIEW

What felt easier? Which movement remained difficult? Did your form stay consistent? Choose one variable to progress in the next block and reduce volume if recovery, sleep or technique has worsened.

NEXT BLOCK NOTES

EXAMPLE PROGRESS RECORD

Compare controlled performance over time. Progress is individual and is not guaranteed.

MOVEMENT	BASELINE	CURRENT	CHANGE	NOTES
Vest squat	3 x 8	3 x 11	+3 reps/set	Technique stable
Push-up	3 x 6 incline	3 x 9 incline	+3 reps/set	Same height
Reverse lunge	2 x 6/side	3 x 8/side	+1 set	Controlled balance
Front plank	3 x 20 sec	3 x 30 sec	+10 sec/set	Normal breathing
Brisk walk	12 min	20 min	+8 min	Similar effort

HOW TO READ THIS EXAMPLE

The example shows several valid ways to progress without changing vest weight: more repetitions, an additional set or longer walking time. Use comparable technique and conditions when reviewing your own results.

REMINDER

Do not compare your numbers with the fictional example. The relevant comparison is your own controlled performance from one training block to the next.