

# Your 12-Week Workout Log

*For every session of the program in I Couldn't Do One Pull-Up*

**Jean Claude Richard**

## **How to use this log**

After every workout, fill in the date, what you did, and how it felt.

See Chapter 4, "Tracking your sessions," for the full explanation.

Print this and fill it in by hand, or type into the fields on a phone, tablet, or computer.

# Baseline Assessment

From Chapter 4. Run this before Session 1, then again at Week 6 and Week 12 (Chapter 4 mentions Week 4 in one place and Chapter 5/9 say Week 6 — until that's reconciled in the manuscript, this log tracks Week 1 / 6 / 12).

| Test              | What to record       | Week 1               | Week 6               | Week 12              |
|-------------------|----------------------|----------------------|----------------------|----------------------|
| Squat test        | reps                 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Push-up test      | reps (toes or knees) | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Plank test        | time held            | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Dumbbell row test | weight used, felt    | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Bar hang test     | time held            | <input type="text"/> | <input type="text"/> | <input type="text"/> |

# Week 1 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 10 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon | Tue | Thu | Fri |
|--------------------------------|-----------------------------|-----|-----|-----|-----|
| Date                           |                             |     |     |     |     |
| Squat                          | 2 x 8                       |     |     |     |     |
| Push-Up (standard or modified) | 2 x Max, good form          |     |     |     |     |
| Dumbbell Row                   | 2 x 8 each arm              |     |     |     |     |
| Glute Bridge                   | 2 x 10                      |     |     |     |     |
| Plank                          | 2 x Hold                    |     |     |     |     |
| Bar Hang                       | 2 x 10 sec target           |     |     |     |     |
| Lunge                          | 2 x 8 each leg              |     |     |     |     |
| Mountain Climbers              | 2 x 16 total                |     |     |     |     |
| How it felt                    | (easy / about right / hard) |     |     |     |     |

What to expect: you'll be sore. This is DOMS; it typically peaks 24-48 hours after a session. Walk on rest days.

# Week 2 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 10 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon | Tue | Thu | Fri |
|--------------------------------|-----------------------------|-----|-----|-----|-----|
| Date                           |                             |     |     |     |     |
| Squat                          | 2 x 8                       |     |     |     |     |
| Push-Up (standard or modified) | 2 x Max, good form          |     |     |     |     |
| Dumbbell Row                   | 2 x 8 each arm              |     |     |     |     |
| Glute Bridge                   | 2 x 10                      |     |     |     |     |
| Plank                          | 2 x Hold                    |     |     |     |     |
| Bar Hang                       | 2 x 20 sec target           |     |     |     |     |
| Lunge                          | 2 x 8 each leg              |     |     |     |     |
| Mountain Climbers              | 2 x 16 total                |     |     |     |     |
| How it felt                    | (easy / about right / hard) |     |     |     |     |

What to expect: less soreness. The exercises start to feel familiar.

# Week 3 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 10-15 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon | Tue | Thu | Fri |
|--------------------------------|-----------------------------|-----|-----|-----|-----|
| Date                           |                             |     |     |     |     |
| Squat                          | 2 x 10                      |     |     |     |     |
| Push-Up (standard or modified) | 2 x Max, good form          |     |     |     |     |
| Dumbbell Row                   | 2 x 10 each arm             |     |     |     |     |
| Glute Bridge                   | 2 x 12                      |     |     |     |     |
| Plank                          | 2 x Hold                    |     |     |     |     |
| Bar Hang                       | 2 x 30 sec target           |     |     |     |     |
| Lunge                          | 2 x 10 each leg             |     |     |     |     |
| Mountain Climbers              | 2 x 20 total                |     |     |     |     |
| Ab Crunches (NEW)              | 2 x 10                      |     |     |     |     |
| How it felt                    | (easy / about right / hard) |     |     |     |     |

What to expect: you'll start to feel genuinely stronger, and a new exercise gets added this week.

# Week 4 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 10-15 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon | Tue | Thu | Fri |
|--------------------------------|-----------------------------|-----|-----|-----|-----|
| Date                           |                             |     |     |     |     |
| Squat                          | 2-3 x 10                    |     |     |     |     |
| Push-Up (standard or modified) | 2-3 x Max, good form        |     |     |     |     |
| Dumbbell Row                   | 2-3 x 10 each arm           |     |     |     |     |
| Glute Bridge                   | 2-3 x 12                    |     |     |     |     |
| Plank                          | 2-3 x Hold                  |     |     |     |     |
| Bar Hang                       | 2 x 40 sec target           |     |     |     |     |
| Lunge                          | 2-3 x 10 each leg           |     |     |     |     |
| Mountain Climbers              | 2-3 x 20 total              |     |     |     |     |
| Ab Crunches                    | 2-3 x 10-12                 |     |     |     |     |
| Calf Raise (NEW)               | 2 x 10                      |     |     |     |     |
| How it felt                    | (easy / about right / hard) |     |     |     |     |

What to expect: another new exercise this week.

## Week 5 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 15-20 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon                  | Tue                  | Thu                  | Fri                  |
|--------------------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|
| <b>Date</b>                    |                             | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Squat                          | 2-3 x 12                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Push-Up (standard or modified) | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Dumbbell Row                   | 2-3 x 10-12 each arm        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Glute Bridge                   | 2-3 x 12-15                 | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Plank                          | 2-3 x Hold                  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Bar Hang                       | 2 x 50 sec target           | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Lunge                          | 2-3 x 10-12 each leg        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Mountain Climbers              | 2-3 x 24 total              | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Ab Crunches                    | 2-3 x 12                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Calf Raise                     | 2-3 x 12                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Dips (NEW)                     | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b>             | (easy / about right / hard) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

What to expect: Dips join the program this week — a hard bodyweight move. Do as many good reps as you can.

## Week 6 — Phase 1: The Reset

4 days/week (Mon, Tue, Thu, Fri) | 15-20 min/session | off Wed/Sat/Sun, walk 20+ min

| Exercise                       | Target                      | Mon                  | Tue                  | Thu                  | Fri                  |
|--------------------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|
| <b>Date</b>                    |                             | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Squat                          | 2-4 x 12                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Push-Up (standard or modified) | 2-4 x Max, good form        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Dumbbell Row                   | 2-4 x 12 each arm           | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Glute Bridge                   | 2-4 x 15                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Plank                          | 2-4 x Hold                  | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Bar Hang                       | 2 x 60 sec — final week     | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Lunge                          | 2-4 x 12 each leg           | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Mountain Climbers              | 2-4 x 24 total              | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Ab Crunches                    | 2-4 x 12-15                 | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Calf Raise                     | 2-4 x 12                    | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Dips                           | 2-4 x Max, good form        | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Flutter Kicks (NEW)            | 2 x 16 total                | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b>             | (easy / about right / hard) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

What to expect: last full-body week. Bar Hang reaches its final target.

**Baseline assessment today — repeat the Chapter 4 assessment, including the Bar Hang test, and log your numbers on the Baseline Assessment page.**



## Week 7 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 20-25 min/session | off Wed/Sat/Sun | upper/lower split

*Split begins. Bar Hang is retired — Negative Pull-Up and Pull-Up take its place, upper body days only.*

### Upper body days (Monday and Thursday)

| Exercise               | Target                      | Mon                  | Thu                  |
|------------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>            |                             | <input type="text"/> | <input type="text"/> |
| Push-Up                | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Dumbbell Row           | 2-3 x 12 each arm           | <input type="text"/> | <input type="text"/> |
| Dips                   | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Negative Pull-Up (NEW) | 2 x 5                       | <input type="text"/> | <input type="text"/> |
| Pull-Up (NEW)          | 1 x Max — 0 is valid        | <input type="text"/> | <input type="text"/> |
| Plank                  | 2-3 x Hold                  | <input type="text"/> | <input type="text"/> |
| Ab Crunches            | 2-3 x 12-15                 | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b>     | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

### Lower body days (Tuesday and Friday)

| Exercise                | Target                      | Tue                  | Fri                  |
|-------------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>             |                             | <input type="text"/> | <input type="text"/> |
| Squat (or Goblet Squat) | 2-3 x 12-15                 | <input type="text"/> | <input type="text"/> |
| Lunge                   | 2-3 x 12 each leg           | <input type="text"/> | <input type="text"/> |
| Glute Bridge            | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Calf Raise              | 2-3 x 12-15                 | <input type="text"/> | <input type="text"/> |
| Mountain Climbers       | 2-3 x 24 total              | <input type="text"/> | <input type="text"/> |
| Flutter Kicks           | 2-3 x 16-20 total           | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b>      | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

## Week 8 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 20-25 min/session | off Wed/Sat/Sun | upper/lower split

### Upper body days (Monday and Thursday)

| Exercise           | Target                      | Mon                  | Thu                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Push-Up            | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Dumbbell Row       | 2-3 x 12 each arm           | <input type="text"/> | <input type="text"/> |
| Dips               | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Negative Pull-Up   | 2-3 x 5                     | <input type="text"/> | <input type="text"/> |
| Pull-Up            | 1 x Max — retest            | <input type="text"/> | <input type="text"/> |
| Plank              | 2-3 x Hold                  | <input type="text"/> | <input type="text"/> |
| Ab Crunches        | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

### Lower body days (Tuesday and Friday)

| Exercise           | Target                      | Tue                  | Fri                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Goblet Squat       | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Lunge              | 2-3 x 12 each leg           | <input type="text"/> | <input type="text"/> |
| Glute Bridge       | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Calf Raise         | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Mountain Climbers  | 2-3 x 24-30 total           | <input type="text"/> | <input type="text"/> |
| Flutter Kicks      | 2-3 x 20 total              | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

## Week 9 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 20-25 min/session | off Wed/Sat/Sun | upper/lower split

*Sets move to 3 as the default; go to 4 on anything that's felt easy for 2 sessions straight.*

### Upper body days (Monday and Thursday)

| Exercise           | Target                      | Mon                  | Thu                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Push-Up            | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Dumbbell Row       | 2-3 x 12 each arm           | <input type="text"/> | <input type="text"/> |
| Dips               | 2-3 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Negative Pull-Up   | 2-3 x 5                     | <input type="text"/> | <input type="text"/> |
| Pull-Up            | 1 x Max — retest            | <input type="text"/> | <input type="text"/> |
| Plank              | 2-3 x Hold                  | <input type="text"/> | <input type="text"/> |
| Ab Crunches        | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

### Lower body days (Tuesday and Friday)

| Exercise           | Target                      | Tue                  | Fri                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Goblet Squat       | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Lunge              | 2-3 x 12 each leg           | <input type="text"/> | <input type="text"/> |
| Glute Bridge       | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Calf Raise         | 2-3 x 15                    | <input type="text"/> | <input type="text"/> |
| Mountain Climbers  | 2-3 x 24-30 total           | <input type="text"/> | <input type="text"/> |
| Flutter Kicks      | 2-3 x 20 total              | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

## Week 10 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 25-30 min/session | off Wed/Sat/Sun | upper/lower split

### Upper body days (Monday and Thursday)

| Exercise           | Target                      | Mon                  | Thu                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Push-Up            | 3-4 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Dumbbell Row       | 3-4 x 12-15 each arm        | <input type="text"/> | <input type="text"/> |
| Dips               | 3-4 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Negative Pull-Up   | 3 x 5                       | <input type="text"/> | <input type="text"/> |
| Pull-Up            | 1 x Max — retest            | <input type="text"/> | <input type="text"/> |
| Plank              | 3-4 x Hold                  | <input type="text"/> | <input type="text"/> |
| Ab Crunches        | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

### Lower body days (Tuesday and Friday)

| Exercise           | Target                      | Tue                  | Fri                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Goblet Squat       | 3-4 x 15                    | <input type="text"/> | <input type="text"/> |
| Lunge              | 3-4 x 12-15 each leg        | <input type="text"/> | <input type="text"/> |
| Glute Bridge       | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| Calf Raise         | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| Mountain Climbers  | 3-4 x 30 total              | <input type="text"/> | <input type="text"/> |
| Flutter Kicks      | 3-4 x 20-24 total           | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

## Week 11 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 25-30 min/session | off Wed/Sat/Sun | upper/lower split

### Upper body days (Monday and Thursday)

| Exercise           | Target                      | Mon                  | Thu                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Push-Up            | 3-4 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Dumbbell Row       | 3-4 x 12-15 each arm        | <input type="text"/> | <input type="text"/> |
| Dips               | 3-4 x Max, good form        | <input type="text"/> | <input type="text"/> |
| Negative Pull-Up   | 3 x 5                       | <input type="text"/> | <input type="text"/> |
| Pull-Up            | 1 x Max — retest            | <input type="text"/> | <input type="text"/> |
| Plank              | 3-4 x Hold                  | <input type="text"/> | <input type="text"/> |
| Ab Crunches        | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

### Lower body days (Tuesday and Friday)

| Exercise           | Target                      | Tue                  | Fri                  |
|--------------------|-----------------------------|----------------------|----------------------|
| <b>Date</b>        |                             | <input type="text"/> | <input type="text"/> |
| Goblet Squat       | 3-4 x 15                    | <input type="text"/> | <input type="text"/> |
| Lunge              | 3-4 x 12-15 each leg        | <input type="text"/> | <input type="text"/> |
| Glute Bridge       | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| Calf Raise         | 3-4 x 15-20                 | <input type="text"/> | <input type="text"/> |
| Mountain Climbers  | 3-4 x 30 total              | <input type="text"/> | <input type="text"/> |
| Flutter Kicks      | 3-4 x 20-24 total           | <input type="text"/> | <input type="text"/> |
| <b>How it felt</b> | (easy / about right / hard) | <input type="text"/> | <input type="text"/> |

# Week 12 — Phase 2: Building the Base

4 days/week (Mon, Tue, Thu, Fri) | 25-30 min/session | off Wed/Sat/Sun | upper/lower split

Final week. Sets capped at 4, only where earned.

## Upper body days (Monday and Thursday)

| Exercise         | Target                      | Mon | Thu |
|------------------|-----------------------------|-----|-----|
| Date             |                             |     |     |
| Push-Up          | 3-4 x Max, good form        |     |     |
| Dumbbell Row     | 3-4 x 12-15 each arm        |     |     |
| Dips             | 3-4 x Max, good form        |     |     |
| Negative Pull-Up | 3 x 5                       |     |     |
| Pull-Up          | 1 x Max — retest            |     |     |
| Plank            | 3-4 x Hold                  |     |     |
| Ab Crunches      | 3-4 x 15-20                 |     |     |
| How it felt      | (easy / about right / hard) |     |     |

## Lower body days (Tuesday and Friday)

| Exercise          | Target                      | Tue | Fri |
|-------------------|-----------------------------|-----|-----|
| Date              |                             |     |     |
| Goblet Squat      | 3-4 x 15                    |     |     |
| Lunge             | 3-4 x 12-15 each leg        |     |     |
| Glute Bridge      | 3-4 x 15-20                 |     |     |
| Calf Raise        | 3-4 x 15-20                 |     |     |
| Mountain Climbers | 3-4 x 30 total              |     |     |
| Flutter Kicks     | 3-4 x 20-24 total           |     |     |
| How it felt       | (easy / about right / hard) |     |     |

Run your final Chapter 4 assessment this week — squat, push-up, plank, dumbbell row, bar hang, plus a Pull-Up max test. Log it on the Baseline Assessment page.