

Double-progression log

1. Hit the top of the rep range. When you complete all sets at the upper end of the rep range, for example 12 reps on a squat, that is your cue to progress. 2. Add a small jump. Move up by the smallest increment your dumbbells allow, often 1-2kg per hand, then drop back to the bottom of the rep range. 3. Repeat. Work back up through the rep range at the new weight before increasing again.

Date: _____ Session: _____

Exercise	Rep range	Weight	Set 1 reps	Set 2 reps	Set 3 reps	Every set at the top?	Next time: weight	Next time: rep goal

Tick 'every set at the top?' only when all sets reached the top of the range with good form. Check your next step: bodywise.io/hub/tools/double-progression-calculator