



BEGINNER RESET FORM BLUEPRINT

Going back to basics is not weakness. It is the fastest route to building form that holds up when the reps get hard.

TODAY'S RESET

No shame in stepping back. What matters is that you do it with intention.

Which push-up version I went back to today:

Why I went back to this version:

WHAT I AM FIXING

Be specific. Vague corrections produce vague results.

What I am trying to fix with this reset:

The specific movement or position I am retraining:

THE STANDARD

Define what done looks like before you progress. This is your bar.

What good form needs to look like before I move to a harder version:

When I will test if I am ready to progress:

Growth lives on the other side of action.