



FORM DEGRADATION CHECKPOINT

The reps you lose control of are more dangerous than the ones you never attempt.
Know exactly where your form breaks.

TODAY'S CONTROL

Push-ups that felt fully controlled today:

The rep where I started to lose control:

WHERE IT BROKE DOWN

Be precise – hips dropping, elbows flaring, head dropping?

Where my body started to struggle or lose control:

THE FIX

One fix per session. Stack them and your form transforms.

One thing I will fix in my next session:

What good form should look and feel like at that point:

Growth lives on the other side of action.