

FORM HYPOTHESIS TEST

Every small tweak to your form is an experiment. Run it deliberately, record the result, and build perfect technique one rep at a time.

TODAY'S EXPERIMENT

State the change clearly – one variable at a time.

The one small change I tried in today's session:

What I was trying to improve:

THE RESULT

Better, worse, or no difference? Be specific.

Whether it made my push-ups feel better or worse:

What I noticed – strength, control, breathing, range of motion:

NEXT STEP

Build on what worked. Discard what didn't. Repeat.

What I will do next based on what I learned today:

The next hypothesis I will test:

Growth lives on the other side of action.