

SUNDEE FUNDEE STRENGTH SERIES

6-Week Dumbbell Strength Plan

A home-or-gym dumbbell plan with a different four-day training week every week. Use the blank set boxes as your gym log, then enter the session later in Sundee Fundee.

6

WEEKS

4

DAYS / WEEK

45

MINUTES / DAY

DB

EQUIPMENT

Use it in the gym. Print this plan, check off each workout, write down your actual sets, then log the session in Sundee Fundee to adapt the next one around cycle phase, recovery, energy, and soreness.

Plan Structure

DUMBBELLS

How To Use The Print Log

- Weeks 1-2 build skill and repeatable volume. Weeks 3-4 add reps and density. Week 5 is the strongest week. Week 6 deloads.
- Use adjustable dumbbells or two to three pairs when possible. A bench is helpful, but every bench movement has a floor option.
- If you hit the top of a rep range on every set, add load next time. If recovery is low, keep the movement and remove one accessory set.

45-Minute Session Flow

- 5 min warm-up: raise temperature and rehearse the pattern.
- 30 min strength: log each set in the blank boxes.
- 6 min finisher: conditioning, carry, or easy intervals.
- 4 min cool-down: breathing and target-area mobility.
- After training: enter actual sets in Sundee Fundee.

Why Log It In The App?

The PDF is your field notebook. Sundee Fundee is your training record: it tracks progress, remembers loads, and can adjust the next workout around recovery, cycle phase, energy, soreness, and schedule changes.

Week 1: Baseline Volume

DUMBBELLS

Weekly Stimulus

Find clean starting loads and learn the weekly rhythm.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: baseline volume.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: baseline volume.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: baseline volume.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: baseline volume.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 1 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: baseline volume.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB front squat	4 x 6-10					Hold two DBs or one goblet-style.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: baseline volume.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB bench press	4 x 6-10					Floor press if no bench.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Farmer carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: baseline volume.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB split squat	3 x 8/side					Use support if balance limits effort.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Bike intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: baseline volume.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB clean to front squat	4 x 6					Sub goblet squat if cleans are unfamiliar.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2: Unilateral Control

DUMBBELLS

Weekly Stimulus

More single-side work to build balance and joint-friendly strength.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: unilateral control.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: unilateral control.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: unilateral control.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: unilateral control.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 2 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: unilateral control.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Goblet cyclist squat	3 x 10-12					Heel lift optional.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Step-up intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: unilateral control.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Alternating floor press	3 x 8/side					Keep ribs down.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Suitcase carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: unilateral control.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Step-up	3 x 10/side					Low-to-medium box.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: unilateral control.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB RDL to row	3 x 8					Hinge, row, stand.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Easy bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3: Rep Progression

DUMBBELLS

Weekly Stimulus

Add reps before adding load.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: rep progression.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: rep progression.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: rep progression.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: rep progression.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 3 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: rep progression.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB sumo squat	4 x 8-10					Tall chest.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Sled push or bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: rep progression.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Incline DB press	4 x 8					Use floor press if needed.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Carry intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: rep progression.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Rear-foot-elevated split squat	3 x 8/side					Use regular split squat if needed.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Walking lunge intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: rep progression.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB thruster	3 x 8					Sub squat + press separately.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4: Density

DUMBBELLS

Weekly Stimulus

Slightly shorter rest while keeping clean reps.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: density.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: density.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: density.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: density.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sunde Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 4 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: density.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	DB squat to box	3 x 10					Control depth.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: density.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Push-up + DB row	3 x 8 each					Elevate hands if needed.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Farmer carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: density.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Staggered-stance RDL	3 x 10/side					Hips square.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Bike intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: density.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Renegade row	3 x 6/side					Widen feet.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5: Strong Week

DUMBBELLS

Weekly Stimulus

Use your best loads of the block without grinding.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: strong week.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: strong week.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: strong week.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: strong week.

Progression

Add reps first. Add load only after all logged sets are clean.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 5 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: strong week.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Heavy goblet squat	5 x 6					Strong week; longer rest.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Step-up intervals	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: strong week.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Heavy floor press	5 x 6					Clean reps only.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Suitcase carry	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: strong week.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Walking lunge	4 x 8/side					Strong but tidy.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Incline walk	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: strong week.

Tips

- Rest 75-120 seconds on the first lift and 45-75 seconds on accessories.
- Add load only when every set lands inside the target range.
- Keep the last rep looking like a rep you would be willing to film.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Farmer carry	6 x 40 sec					Heavy walk.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Easy bike	6 min					Moderate, repeatable effort.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6: Deload

DUMBBELLS

Weekly Stimulus

Reduce load 10-15% and finish fresh.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Lower Strength + Core	Squat and hinge strength with trunk control. This week's emphasis: deload.
Day 2	Upper Push/Pull	Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: deload.
Day 3	Lower Unilateral + Glutes	Single-leg strength with glute emphasis and balance practice. This week's emphasis: deload.
Day 4	Full-Body Density	Full-body work capacity with dumbbells and short conditioning. This week's emphasis: deload.

Progression

Deload: reduce load and leave fresh.

Recovery Rule

If energy is low or soreness is high, keep the workout but reduce one set from each strength block.

App Loop

Log the paper notes later so Sundeel Fundee can adapt your next session.

Every workout in this week is different. Repeat the intent, not the exact exercises, unless a substitution fits your body better.

Week 6 Day 1: Lower Strength + Core

45 MIN

Stimulus

Squat and hinge strength with trunk control. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + squat-to-stand + ankle rocks	5 min					Ramp gradually.
<input type="checkbox"/>	A	Light goblet squat	2 x 10					Deload pace.
<input type="checkbox"/>	B	Dead bug pullover	3 x 8/side					Light DB, quiet ribs.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Sled push or bike	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 2: Upper Push/Pull

45 MIN

Stimulus

Balanced pressing and rowing for shoulders, chest, and back. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Row or bike + shoulder circles + light rows	5 min					Ramp gradually.
<input type="checkbox"/>	A	Light neutral-grip press	2 x 10					Deload.
<input type="checkbox"/>	B	One-arm DB row	4 x 8-12/side					Brace with free hand.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Carry intervals	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 3: Lower Unilateral + Glutes

45 MIN

Stimulus

Single-leg strength with glute emphasis and balance practice. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Walk + lateral steps + glute bridges	5 min					Ramp gradually.
<input type="checkbox"/>	A	Supported reverse lunge	2 x 8/side					Easy deload.
<input type="checkbox"/>	B	DB hip thrust	3 x 10-15					Pause at the top.
<input type="checkbox"/>	C	Core: dead bug, side plank, or Pallof press	3 x 8-10					Choose the friendliest option.
<input type="checkbox"/>	D	Walking lunge intervals	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 4: Full-Body Density

45 MIN

Stimulus

Full-body work capacity with dumbbells and short conditioning. This week's emphasis: deload.

Tips

- Move smoothly and leave at least 3 reps in reserve.
- Cut load before cutting range of motion.
- Finish feeling refreshed, not tested.

Substitutions

- No bench: use floor press, glute bridge, or supported row variations.
- No heavy dumbbells: slow the lowering phase or add pauses.
- Knee irritation: choose box squat, hip hinge, bridge, or step-up to a lower box.
- Shoulder irritation: use neutral grip, floor press, or skip overhead work.
- Need variety: swap bilateral work for staggered-stance or single-arm versions.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + hinge drill + thoracic rotations	5 min					Ramp gradually.
<input type="checkbox"/>	A	Easy DB complex	2 rounds					Light and smooth.
<input type="checkbox"/>	B	Suitcase carry	6 min					Switch sides often.
<input type="checkbox"/>	C	Rear delt fly or band pull-apart	3 x 12-15					Shoulder-friendly support work.
<input type="checkbox"/>	D	Zone 2 walk	6 min					Easy deload pace.
<input type="checkbox"/>	Cool	Breathing + target-area stretch	4 min					Downshift before leaving.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.