MINIMALIST

Your exercise guide and practice log



ILLUSTRATED EXERCISES. FILLABLE WORKSHEETS.

Companion to the Toward Health Minimalist 2x/Week Strength Protocol.

Print this packet or complete the blank fields digitally. Follow the instructions in the numbered worksheet pages.

Inside this companion

Exercise instructions / illustrated movement examples / blank fillable worksheets

Page references use the printed worksheet numbers after this cover.

MINIMALIST

TOWARD HEALTH

Day 1 - Full body

Two full-body days each week. Drop sets build muscle in less time.

Name _____ Date _____

☐ **Warm up 5-10 minutes.**

1 Main set
Full reps, then controlled partials.

2 Drop once
Lower the weight 20-30% and repeat immediately.

3 Reach failure
Stop when you cannot complete 50% of the movement while maintaining form.

CHEST

☐ Done

Dumbbell bench press

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep feet planted. Lower the weights smoothly.

START FINISH



BACK

☐ Done

Bench-supported dumbbell row

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep your back flat. Pull toward your hip.

START FINISH



MINIMALIST

TOWARD HEALTH

Day 1 - Full body

Exercises 3-4 of 10

Record your weights and repetitions.

SHOULDERS

☐ Done

Dumbbell lateral raise

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep shoulders relaxed. No swinging.

BICEPS

☐ Done

Dumbbell curl

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep elbows at your sides. Avoid swinging.

MINIMALIST

TOWARD HEALTH

Day 1 - Full body

Exercises 5-6 of 10

Record your weights and repetitions.

TRICEPS

☐ Done

Band pushdown

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START



FINISH



Keep elbows tucked. Straighten your arms.

QUADRICEPS

☐ Done

Goblet squat

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START



FINISH



Keep heels down. Sit between your hips.

MINIMALIST

TOWARD HEALTH

Day 1 - Full body

Exercises 7-8 of 10

Record your weights and repetitions.

HAMSTRINGS

☐ Done

Dumbbell Romanian deadlift

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START FINISH



Push hips back. Keep weights close.

GLUTES

☐ Done

Dumbbell hip thrust

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START FINISH



Keep chin tucked. Lift through your hips.

MINIMALIST

TOWARD HEALTH

Day 1 - Full body

Exercises 9-10 of 10

Record your weights and repetitions.

CALVES

☐ Done

Standing dumbbell calf raise

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START FINISH



Rise onto your toes. Lower with control.

CORE

☐ Done

Forearm plank

START HOLD

HOLD (seconds)	



Keep a straight line from head to heels.

MINIMALIST

TOWARD HEALTH

Day 2 - Full body

Two full-body days each week. Drop sets build muscle in less time.

Name _____ Date _____

☐ **Warm up 5-10 minutes.**

1 Main set
Full reps, then controlled partials.

2 Drop once
Lower the weight 20-30% and repeat immediately.

3 Reach failure
Stop when you cannot complete 50% of the movement while maintaining form.

CHEST

☐ Done

Dumbbell chest fly

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep a soft elbow bend. Bring arms together.

START



FINISH



BACK

☐ Done

Band lat pulldown

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Pull elbows down toward your sides.

START



FINISH



MINIMALIST

TOWARD HEALTH

Day 2 - Full body

Exercises 3-4 of 10

Record your weights and repetitions.

SHOULDERS

Done

Dumbbell shoulder press

START FINISH

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		



Keep ribs down. Press smoothly overhead.

BICEPS

Done

Hammer curl

START FINISH

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		



Keep palms facing inward. Elbows stay still.

Day 2 - Full body

Exercises 5-6 of 10

Record your weights and repetitions.

TRICEPS

☐ Done

Overhead dumbbell extension

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep upper arms steady. Bend only at elbows.

QUADRICEPS

☐ Done

Seated ankle-weight knee extension

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Straighten your knee. Lower slowly.

Day 2 - Full body

Exercises 7-8 of 10

Record your weights and repetitions.

HAMSTRINGS

☐ Done

Supported ankle-weight hamstring curl

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep knees close. Curl your heel back.

GLUTES

☐ Done

Band glute kickback

START FINISH



SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

Keep hips square. Extend your leg back.

MINIMALIST

TOWARD HEALTH

Day 2 - Full body

Exercises 9-10 of 10

Record your weights and repetitions.

CALVES

☐ Done

Seated dumbbell calf raise

SET	WEIGHT (lb/kg)	REPS
Main		
Drop		
Partial reps		

START FINISH



Keep forefeet planted. Lift both heels.

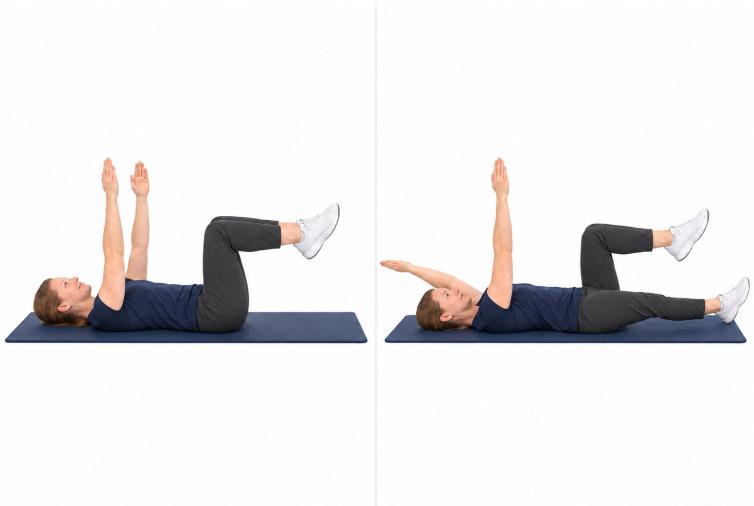
CORE

☐ Done

Dead bug

REPS PER SIDE

START FINISH



Keep your back flat. Alternate sides.

Discuss this exercise plan with your clinical team before starting. This is general education, not personalized medical or exercise advice.