

FREE GUIDE

ROOTS FIT & WELLNESS

THE BEGINNER'S PROGRESSIVE OVERLOAD TRACKER

*A simple starter split and log sheet to prove to yourself
you're getting stronger — one logged number at a time.*

Why Progressive Overload Matters

Your body only changes when you give it a reason to.

“I go to the gym consistently, but I don't feel like I'm actually getting stronger.” If that's you, you're not alone — and you're not doing anything wrong. You're probably just missing the one piece that makes strength training actually work: progressive overload.

Progressive overload simply means gradually asking your muscles to do a little more over time — a bit more weight, a few more reps, better control. Without it, your body has no reason to change. With it, even small, consistent sessions compound into real strength.

3

FULL-BODY DAYS

6

WEEKS TO TRACK

1

NUMBER TO BEAT

5-10

LBS TO ADD

WHAT'S INSIDE THIS GUIDE

A real starter split.

Three full-body training days built for beginners — not a random list of exercises.

A tracker that means something.

Log your top set each week so progress is a fact, not a feeling.

A simple rule for when to add weight.

No guesswork about whether you're ready to progress.

A taste of the full system.

This is the same tracking method built into the Rooted Glute Growth Blueprint.

5 Ways to Progress Every Week

You don't need to reinvent your workout every session. You need to make it slightly harder than last time, in one of these five ways. Pick one per lift, per week — that's it.

1 Add weight.

The most direct method. If you hit the top of your rep range for every set, add 2.5-5 lbs next session.

2 Add reps.

Can't add weight yet? Add one more rep per set instead, working toward the top of your rep range.

3 Add a set.

Once a weight feels genuinely easy for all your reps, add one more set before increasing load.

4 Improve control.

Slow the lowering phase down, pause at the bottom, or stop using momentum. Harder control is real progress.

5 Reduce rest time.

Doing the same weight and reps in less rest time is overload too — your muscles get less recovery between sets.

The Beginner's Starter Split

Three full-body days, each hitting your whole body from a different angle. Rest at least one day between sessions — Monday / Wednesday / Friday works well for most people.

DAY 1 — *Full Body A*

EXERCISE	SETS	REPS	NOTES
Goblet or Barbell Squat	3	8-10	Sit back into your heels, full depth
Bench Press or Push-Up	3	8-10	Full range, controlled lowering
Bent-Over Row	3	8-10	Flat back, pull to your hip
Plank	3	30-45 sec	Straight line from shoulders to heels
Glute Bridge	2	12-15	Squeeze at the top for 1 sec

DAY 2 — *Full Body B*

EXERCISE	SETS	REPS	NOTES
Romanian Deadlift	3	8-10	Slight knee bend, push hips back
Overhead Press	3	8-10	Core braced, avoid arching your low back
Lat Pulldown or Assisted Pull-Up	3	8-10	Pull to your upper chest
Walking Lunge	2	10/side	Torso upright, controlled step
Dead Bug	2	12	Slow — low back stays flat on the floor

Day 3 & Your Weekly Layout

DAY 3 — *Full Body C*

EXERCISE	SETS	REPS	NOTES
Leg Press	3	10-12	Feet shoulder-width, push through heels
Incline Dumbbell Press	3	10-12	Targets upper chest
Seated Cable Row	3	10-12	Chest tall, elbows drive back
Hip Thrust	3	10-12	Squeeze glutes hard at the top
Side Plank	2	20-30 sec/side	Stack hips, straight line top to bottom

SAMPLE WEEKLY LAYOUT

MON Day 1 — Full Body A

TUE Rest

WED Day 2 — Full Body B

THU Rest

FRI Day 3 — Full Body C

SAT Rest or a walk

SUN Rest

FEEL FREE TO SHIFT THESE DAYS

The order matters less than keeping at least one rest day between sessions. Your muscles grow during recovery, not just during the workout itself — treat rest as part of the plan, not a break from it.

Progressive Overload Tracker

Log your top set from each day's main lift. Print or screenshot this page weekly. Your only goal: beat last week's number, even by a little.

WEEK	DAY 1: SQUAT	DAY 2: RDL	DAY 3: LEG PRESS
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

WEEKLY GROWTH CHECKLIST

- ☐ I completed all three training days this week.
- ☐ I took my rest days seriously — walking, stretching, sleeping.
- ☐ I increased weight, reps, or control on at least one lift.
- ☐ I ate enough protein to support muscle growth.
- ☐ I gave full effort even on days I didn't feel like it.

STRENGTH IS BUILT ONE WEEK AT A TIME

This tracker will do its job if you actually fill it in — one number, one week at a time. You don't have to be perfect. You have to keep showing up and keep trying to beat last week, even by a little.

*Small choices, repeated consistently, become the
foundation of who you become.*

Ready for the full 8-week system? The Rooted Glute Growth
Blueprint picks up right where this leaves off.

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