

VIRTUX PERFORMANCE

COMPLETE 2026 EDITION



THE STANDARD

7-DAY FOUNDATION

Train intelligently.
Build discipline.
Raise your standard.

THE STANDARD HAS CHANGED.

VERSION 1.0 / @VIRTUX.JEAN

A SYSTEM, NOT A QUICK FIX.

This guide turns current training guidance into a week you can execute, measure and improve. It is built for consistency, not extremes.



01 ASSESS

Start from your actual health, experience, schedule and recovery.

02 EXECUTE

Complete the smallest high-quality plan that creates a useful training signal.

03 REVIEW

Use performance, recovery and adherence to decide what changes next.



THE SEQUENCE

1. Complete the readiness page. 2. Choose the workout version that fits. 3. Plan your meals and recovery. 4. Run the week. 5. Review the evidence and adjust one variable.

General education for healthy adults. Modify for your experience and seek qualified support when health, injury, pregnancy or symptoms require it.



START FROM REAL CAPACITY.

Good training responds to the person doing it. A plan is only intelligent when it respects health, experience and recovery.

RATE TODAY / 1 LOW - 5 HIGH

ENERGY

1

2

3

4

5

SLEEP QUALITY

1

2

3

4

5

MUSCLE SORENESS

1

2

3

4

5

TRAINING READINESS

1

2

3

4

5

CHOOSE TODAY'S STATUS

G

GREEN

PROCEED

Normal energy, manageable soreness and no new warning signs.

A

AMBER

MODIFY

Reduce sets, load, range or session length when recovery is below normal.

R

RED

STOP

New chest pain, fainting, severe breathlessness, acute injury or major symptoms need appropriate help.

MY ONE OUTCOME FOR THIS WEEK

Pain is information, not a challenge to defeat. This guide does not diagnose or treat health conditions.



KNOW WHERE YOU ARE STARTING.

The right target is specific enough to guide action and flexible enough to survive a normal week.

01 OUTCOME

What result matters most right now: strength, muscle, health, confidence or consistency?

02 PROCESS

What action can you repeat weekly: sessions completed, meals prepared, steps or sleep opportunity?

BASELINE QUESTIONS

MY PRIMARY GOAL

MY CURRENT TRAINING EXPERIENCE

DAYS I CAN REALISTICALLY TRAIN

THE MAIN OBSTACLE I EXPECT

THE MINIMUM VERSION I WILL STILL COMPLETE

Win the week first. A perfect plan that is not completed produces no useful evidence.



THREE STRENGTH DAYS. ONE CLEAR PURPOSE.

This full-body example covers the major patterns while leaving room for movement, recovery and real life.

DAY	PRIMARY FOCUS	PURPOSE
MON	STRENGTH A	Squat, horizontal push and horizontal pull
TUE	MOVE	Walk, mobility or easy aerobic work
WED	STRENGTH B	Hinge, vertical push and vertical pull
THU	RECOVER	Sleep, light activity and meal preparation
FRI	STRENGTH C	Repeat key patterns and build useful volume
SAT	MOVE	Enjoyable activity at a sustainable intensity
SUN	REVIEW	Review, prepare and protect next week

MINIMUM VERSION

If the full session is not possible, complete the warm-up and first two movements with quality. Protect the pattern of showing up without pretending every week is identical.

2026 Australian guidance: be active most days, include muscle-strengthening on 2 or more days, and break up prolonged sitting.



TRAIN WITH INTENT.

A strong session controls the goal, movement order, effort and progression. More exercises do not automatically mean a better stimulus.

01

PREPARE

5-10 MIN

Raise temperature, rehearse the pattern and use progressive warm-up sets.

02

PRIMARY WORK

2-4 SETS

Place the most important multi-joint exercise early while focus is high.

03

SUPPORT WORK

3-5 MOVES

Add movements that cover remaining patterns, useful volume and weak links.

04

RECORD

2 MIN

Write the load, repetitions, effort and one technical note before leaving.

QUALITY CHECK

☐

CONTROLLED RANGE

☐

STABLE TECHNIQUE

☐

TARGET MUSCLE / PATTERN

☐

RECORDED RESULT

The final repetition should still look like the exercise you intended to perform.

COVER THE PATTERNS. CHOOSE THE RIGHT TOOL.

Select movements you can control, access consistently and progress without unnecessary irritation.

PATTERN	GYM OPTION	SIMPLE OPTION	QUALITY CHECK
SQUAT	Back squat, goblet squat or leg press	Chair squat or supported split squat	Stable foot and controlled depth
HINGE	Romanian deadlift or hip thrust	Hip hinge or glute bridge	Neutral trunk and hips move back
PUSH	Bench press or overhead press	Incline or floor push-up	Controlled shoulder and full intent
PULL	Row, pulldown or assisted pull-up	Band or supported row	Lead with elbow and control return
CARRY / CORE	Loaded carry, cable press or rollout	Dead bug, side plank or carry	Brace, breathe and own position

SELECTION RULE

Keep an exercise while you can perform it with control, feel the intended pattern, recover from it and progress it. Change it for a reason, not for novelty.

Machines, free weights, bands and bodyweight can all work. Consistency and progressive effort matter more than equipment status.

SQUAT. PUSH. PULL.

A balanced full-body session with a squat emphasis and simple progression targets.

MOVEMENT	SETS X REPS	EFFORT	KEY STANDARD
Squat pattern	3 x 6-10	2-3 RIR	Use a controlled range you can repeat
Horizontal press	3 x 6-12	1-3 RIR	Keep shoulder position stable
Horizontal pull	3 x 8-12	1-3 RIR	Pause briefly and control return
Hinge accessory	2 x 8-12	2-3 RIR	Move through the hips, not the spine
Carry or trunk	2-3 rounds	Quality	Brace, breathe and maintain position

OPTION CONDITIONING / CARRY

Choose 6-12 minutes of easy conditioning or loaded carries only if it supports recovery and the next session.

Example session only. Use suitable exercise variations and reduce the number of sets when you are new, returning or under-recovered.

HINGE. PRESS. PULL.

A hinge-emphasis session that balances posterior-chain work with vertical upper-body patterns.

MOVEMENT	SETS X REPS	EFFORT	KEY STANDARD
Hinge pattern	3 x 5-8	2-3 RIR	Use a stable trunk and repeatable start
Vertical press	3 x 6-10	1-3 RIR	Avoid compensating through the lower back
Vertical pull	3 x 8-12	1-3 RIR	Control the full return
Single-leg squat	2 x 8-12 / side	2-3 RIR	Use support when balance limits the legs
Anti-rotation trunk	2-3 rounds	Quality	Resist movement and keep breathing

OPTION **CONDITIONING / CARRY**

If the hinge is demanding, skip extra conditioning and use a short walk or mobility cooldown instead.

Example session only. Use suitable exercise variations and reduce the number of sets when you are new, returning or under-recovered.

REPEAT. REFINE. BUILD.

A moderate-repetition session that reinforces key patterns and adds manageable weekly volume.

MOVEMENT	SETS X REPS	EFFORT	KEY STANDARD
Squat or leg press	3 x 8-12	1-3 RIR	Keep the same range across repetitions
Incline press	3 x 8-12	1-3 RIR	Control the lowering phase
Row or pulldown	3 x 8-12	1-3 RIR	Move the shoulder blade with control
Hip thrust / bridge	2 x 8-15	1-3 RIR	Finish with the hips, not the lower back
Delts or arms	2 x 10-15	Optional	Add only when recovery remains good

OPTION **CONDITIONING / CARRY**

Finish with 8-15 minutes of easy aerobic work if time, energy and the following day's plan allow it.

Example session only. Use suitable exercise variations and reduce the number of sets when you are new, returning or under-recovered.



EARN THE NEXT INCREASE.

Progressive resistance training means gradually increasing demand. The smallest successful change is usually the most sustainable one.

DOUBLE PROGRESSION

01 CHOOSE

Select a repetition range and a load you can control.

02 BUILD

Add repetitions while keeping the same load and technique.

03 CONFIRM

Reach the top of the range across all work sets.

04 INCREASE

Add a small amount of load and repeat the process.

REPETITIONS IN RESERVE / RIR

RIR	FEEL	USE
3+	Comfortable	Warm-ups, technique work and easier weeks
2	Productive	A strong default for many work sets
1	Hard	Use selectively when technique remains stable
0	Limit	No good repetitions remain; not required on every set

Increase only one main variable at a time: repetitions, load, sets, range, control or exercise difficulty.



SAME TOOLS. DIFFERENT SETTINGS.

The 2026 ACSM position stand shows that regular resistance training works. Fine-tune the variables only after consistency exists.

01 GENERAL HEALTH

Train all major muscle groups at least twice weekly. Use variations you can perform and repeat consistently.

02 STRENGTH

Heavier loads at or above about 80% 1RM, complete range, 2-3 sets and priority exercises early can enhance strength.

03 MUSCLE GROWTH

Higher weekly volume can enhance hypertrophy; around 10 or more sets per muscle group weekly is a useful evidence-informed target.

04 POWER

Use moderate loads, low-to-moderate volume and an intentionally fast lifting phase when power is the goal.

WHAT IS OPTIONAL

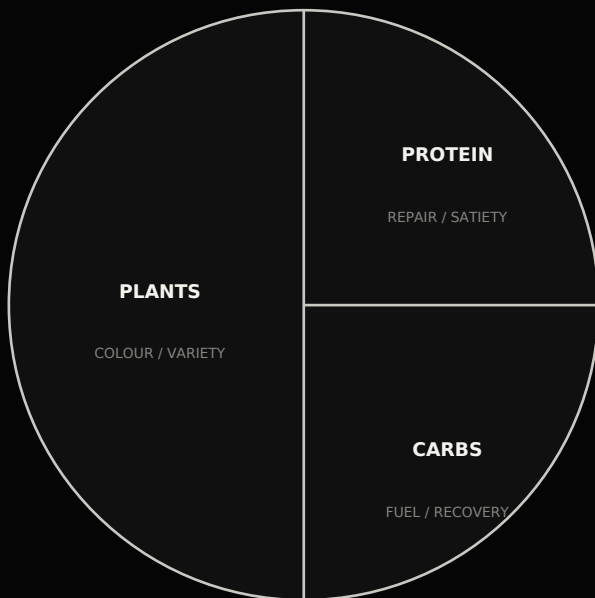
Training to momentary failure, complex periodisation and a specific equipment type did not consistently improve outcomes for the average healthy adult. Use advanced methods only when they solve a real problem.

Evidence source: Currier et al., ACSM Position Stand, Medicine & Science in Sports & Exercise, 2026.



BUILD THE REPEATABLE PLATE.

Start with a varied, food-first pattern that supports health. Then adjust portions and timing to match your training and goals.



01 VARIETY

Use the five food groups and rotate colours, protein sources and whole foods.

02 STRUCTURE

Build two or three reliable meals before chasing complicated rules.

03 ADJUST

Use hunger, energy, performance and progress to refine portions over time.

DAILY FOUNDATION

☐

PROTEIN SOURCE READY

☐

PLANTS / FRUIT READY

☐

WATER AVAILABLE

☐

NEXT MEAL PLANNED

The Australian Guide to Healthy Eating emphasises variety across five food groups and water.

MAKE GOOD CHOICES EASIER TO REPEAT.

Use this framework to create meals from foods you enjoy, can afford and can prepare consistently.

PART	ROLE	PRACTICAL OPTIONS
PROTEIN	Repair, adaptation and satiety	Eggs, yoghurt, milk, chicken, fish, lean meat, tofu, tempeh, beans or lentils
CARBOHYDRATE	Training fuel and recovery	Rice, potatoes, oats, bread, pasta, fruit, legumes or whole grains
PLANTS	Micronutrients, fibre and variety	Vegetables, salad, fruit, legumes, herbs and mixed colours
FATS	Energy, flavour and essential fats	Olive oil, avocado, nuts, seeds, eggs or oily fish
FLUID	Hydration and performance	Water as the default; adjust for heat, sweat and session demands

THREE RELIABLE MEALS

BREAKFAST / FIRST MEAL

MAIN MEAL

FAST BACKUP MEAL

A reliable backup meal protects consistency when time and motivation are low.



FUEL THE WORK. SUPPORT ADAPTATION.

Performance nutrition is context-dependent. The practical goal is enough total food, protein, carbohydrate and fluid for the work you do.

01 PROTEIN

For active healthy adults, research commonly supports about 1.2-1.6 g/kg daily, spread across meals. Individual needs vary.

02 CARBOHYDRATE

Increase carbohydrate around demanding training when high-intensity performance and recovery are priorities.

03 HYDRATION

Begin normally hydrated. Drink to conditions and replace more fluid when heat and sweat losses rise.

04 SUPPLEMENTS

Food comes first. Consider need, evidence, safety and sport rules before using a supplement.

AROUND TRAINING

A BEFORE

Choose familiar food. Include carbohydrate when the session demands it; avoid experimenting before hard training.

B AFTER

A normal meal with protein, carbohydrate, plants and fluid is a strong recovery default.

If you have kidney disease, diabetes, gastrointestinal issues, allergies or another condition, seek individual nutrition advice.



ADAPTATION HAPPENS BETWEEN SESSIONS.

Recovery is part of the training system. Sleep, nutrition and total life stress shape what you can produce next.

01 SLEEP OPPORTUNITY

Australian adult guidance recommends 7-9 hours of good-quality sleep with consistent bed and wake times.

02 NUTRITION

Eat enough to support training and include protein, carbohydrate and varied whole foods.

03 STRESS LOAD

Training stress and life stress add together. Reduce optional work when total load rises.

RECOVERY TRAFFIC-LIGHT CHECK

SIGNAL / ACTION	WHAT YOU NOTICE	WHAT TO DO
GREEN PROCEED	Stable performance, normal energy, manageable soreness	Continue the session as planned
AMBER MODIFY	Poor sleep, rising soreness or unusual fatigue	Reduce load, sets, range or session length
RED STOP	Worsening pain, injury concern or major symptoms	Stop and seek appropriate advice

You do not need to earn recovery. You need recovery to adapt to training.



MAKE THE STANDARD EASIER TO EXECUTE.

Reliable action improves when the decision, environment and minimum version are defined before motivation becomes uncertain.

THE EXECUTION LOOP



PRE-COMMITMENT

IF THIS OBSTACLE HAPPENS

THEN I WILL

MY MINIMUM VERSION IS

Discipline is not punishment. It is reducing the distance between intention and action.

PLAN THE WORK. PROTECT THE STANDARD.

Write one clear action in each column. Keep the plan small enough to survive a normal week and specific enough to remove guesswork.

DAY	TRAIN / MOVE	FUEL	RECOVER	ONE NON-NEGOTIABLE
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEKLY INTENTION

Put the actions into your calendar. A plan becomes stronger when it has a time and place.



USE THE EVIDENCE. RAISE THE STANDARD.

Review without judgement. Keep what worked, solve one bottleneck and make next week slightly more executable.

SCORE THE WEEK / 1 TO 5

TRAINING

1

2

3

4

5

NUTRITION

1

2

3

4

5

RECOVERY

1

2

3

4

5

DISCIPLINE

1

2

3

4

5

THE WIN I WILL REPEAT

THE BOTTLENECK I WILL SOLVE

NEXT WEEK'S ONE STANDARD

Change one important variable, then collect another week of evidence.

READ THE SOURCE. UNDERSTAND THE CONTEXT.

These primary guidance pages and research papers support the claims in this guide. Every resource card is clickable in the digital PDF.

01

AUSTRALIAN ADULT 24-HOUR MOVEMENT RECOMMENDATIONS

Department of Health, Disability and Ageing, updated June 2026

[OPEN RESOURCE](#)

02

ACSM 2026 RESISTANCE TRAINING POSITION STAND

Currier et al., Medicine & Science in Sports & Exercise, 2026

[OPEN RESOURCE](#)

03

ACSM EFFECTIVE RESISTANCE TRAINING INFOGRAPHIC

Five practical findings from the 2026 position stand

[OPEN RESOURCE](#)

04

WHO PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

World Health Organization guidelines, 2020

[OPEN RESOURCE](#)

HOW TO READ EVIDENCE

Guidelines describe useful population-level targets. Research describes average effects under defined conditions. Your health, training history, preferences, access and response still determine the best practical starting point.

Resource links were checked for this 2026 edition. External pages may change after publication.

FUEL. RECOVER. APPLY WITH JUDGEMENT.

Use these nutrition resources to understand the guide, then seek individual support when your circumstances require it.

05

AUSTRALIAN GUIDE TO HEALTHY EATING

National Health and Medical Research Council

OPEN RESOURCE

06

AIS NUTRITION HUB

Australian Institute of Sport performance nutrition resources

OPEN RESOURCE

07

AIS SPORTS SUPPLEMENT FRAMEWORK

Evidence, safety and permitted-use considerations

OPEN RESOURCE

08

PROTEIN AND RESISTANCE TRAINING META-ANALYSIS

Morton et al., British Journal of Sports Medicine, 2018

OPEN RESOURCE

IMPORTANT

This guide provides general education for healthy adults. It does not diagnose, treat or replace advice from a doctor, accredited practising dietitian, accredited exercise physiologist, physiotherapist or another qualified professional who understands your circumstances.

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CONTINUE THE JOURNEY: @VIRTUX.JEAN

