

Seventh Remedy Strength Report



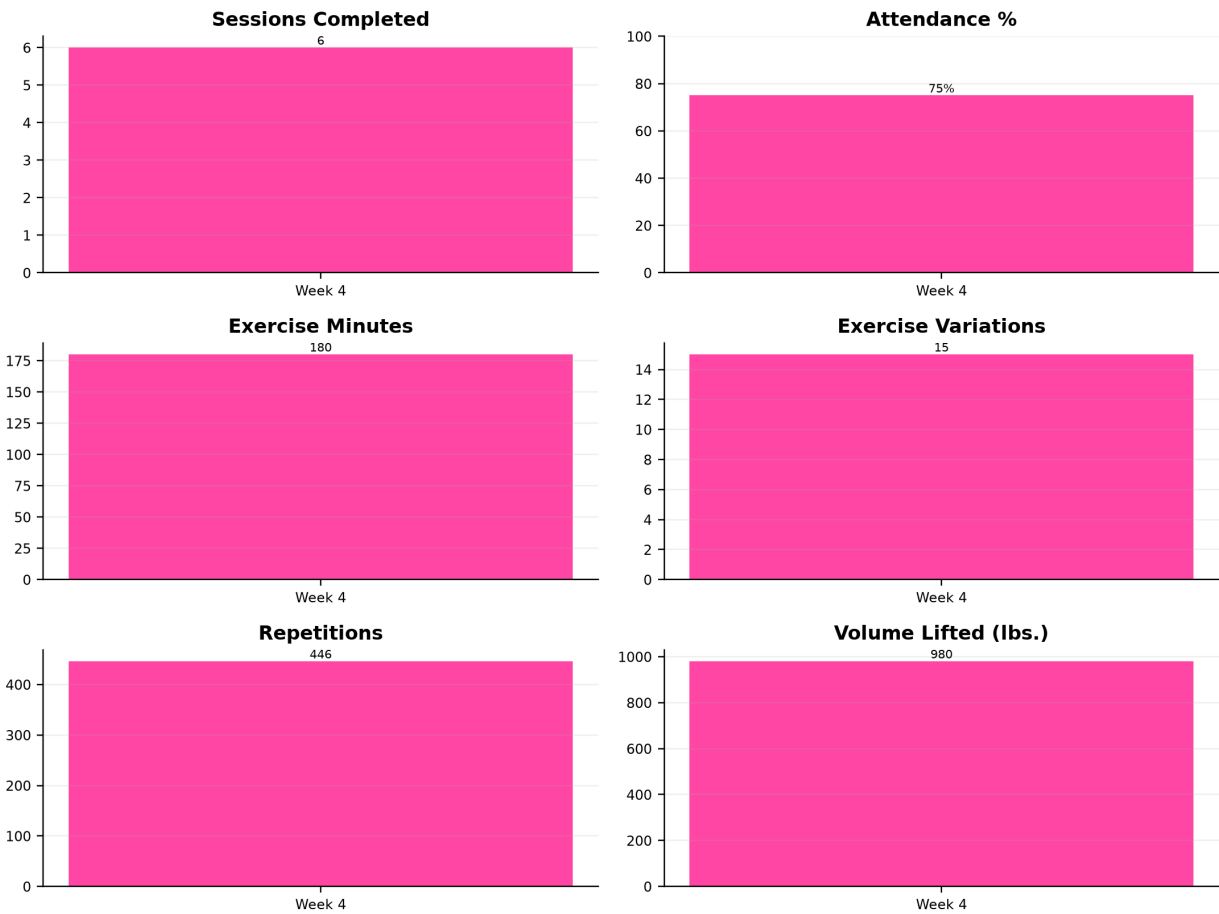
Client: John O. | Report Period: July 1, 2026 - July 24, 2026

Your Progress Snapshot

Measure	Week 4	Total / Latest
Sessions Completed	6	6
Attendance	75%	75%
Exercise Minutes	180	180
Exercise Variations	15	15
Repetitions	446	446
Volume Lifted (lbs.)	980	980

Training periods: Week 4

Progress by Four-Week Training Phase



What You Accomplished

Strength	Form & Technique	Mobility
You progressed from sit-to-stands to performing goblet squats with control.	You improved your hinge control and can return to standing with less swaying.	You improved your shoulder blade mobility and can visibly draw your shoulder blades back.

Skills You Built

✓ 360-Degree Breathing	✓ Core Bracing
✓ Unsupported Sit-to-Stand	✓ Goblet Squat
✓ Hip Hinge	✓ Romanian Deadlift
✓ Standing Chest Fly	✓ Standing Neutral-Grip Chest Press
✓ Shoulder Blade Control	✓ Standing Single-Arm Bent-Over Dumbbell Row
✓ Supported Balance Work	

Biggest Improvement

You are noticing when your neck begins to extend during breathwork and correcting your position.

What I've Noticed

During your first few weeks, you improved your form and technique while building strength through your chest, back, hips, and legs. You stayed focused during each session and began recognizing and correcting changes in your form as they happened.

You have also started paying closer attention to your nutrition patterns. Together, these skills support your goals of gaining muscle, improving your breathing, and becoming stronger.

What's Next

In the next phase, we will continue building on this foundation through:

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- › Progressing the movement patterns you have learned
- › Adding resistance as your form and control improve
- › More unilateral exercises (one-sided)
- › Longer isometric holds and increased time under tension
- › Continued upper-body strengthening
- › Controlled floor-transfer practice
- › Further strengthening for your hips, core, back, and shoulders
- › Progressions to support everyday movement

We will continue increasing the challenge while maintaining the control and technique you have developed.

Keep Building!

Each session gives you another chance to strengthen the movement patterns you have learned and take on a little more challenge. Staying consistent will help you reach your goals and carry those improvements into daily life.

Strength & Wellness Coaching Disclosure

This progress report summarizes your participation in Seventh Remedy's strength and wellness coaching program. It is intended for educational and informational purposes only and does not diagnose, treat, or replace medical care. Exercise recommendations are based on the information you have shared and any medical guidance provided to your coach. Always follow the advice of your physician or other qualified healthcare provider regarding medical conditions, pain, injuries, medications, or activity restrictions. If you experience new or worsening symptoms, stop exercising and contact your healthcare provider.

Progress reflects participation during the reporting period and should not be interpreted as a guarantee of future results. Individual progress varies based on attendance, consistency, medical status, nutrition, recovery, and other personal factors.