



THE 5 FIXES

WHY YOU'VE TRAINED FOR YEARS AND **STILL DON'T LOOK LIKE YOU LIFT**

The 5 Fixes: a simple training self-audit

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| 01 Stop waiting for the perfect training week | 02 Check which muscles your exercises really train |
| 03 Stop making every session a new experiment | 04 Ask whether your working sets are still challenging |
| 05 Let your breathing recover between hard sets | + Your 5-fix audit and a worked example |

BEFORE YOU BEGIN

START HERE.

You've been in and out of the gym for years. You know the exercises. But when you look at your routine, you can't tell what's helping and what's holding you back.

This is a quick check of your training habits. It isn't a personal training program. Read the five fixes, answer the questions, and choose **one** thing to work on in your next week. You don't need to overhaul everything today.

1**Read the five fixes****2****Answer the
questions****3****Choose **one** thing
for your next week**

FIX 01



STOP WAITING FOR THE PERFECT TRAINING WEEK

Two full-body sessions spread across the week can support muscle growth, including for people who've trained for years.

If two sessions fit your real calendar, you have a starting point worth taking seriously. Space them apart when you can.

YOUR CHECK

Last week, when could you *actually* train?

_____ / _____

TRY THIS

Put your realistic gym windows on your calendar. If a work shift changes, update the calendar instead of keeping an imaginary plan.

FIX 02

2

CHECK WHICH MUSCLES YOUR EXERCISES REALLY TRAIN

A big compound lift can involve several muscles. But assisting in a lift isn't always the same stimulus as an exercise that targets that muscle directly. For example, a pulldown is not automatically a full direct biceps set.

If a particular muscle matters to you, check whether your exercise choices actually train it directly. A supported, stable exercise can also help make the target muscle the limiting factor rather than your balance.

YOUR CHECK

The muscle I most want to develop: _____

An exercise I use to target it directly: _____

FIX 03

3

STOP MAKING EVERY SESSION A NEW EXPERIMENT

Constantly switching exercises can interrupt repeated training of the same muscle fibers. Keep useful movements consistent across sessions so you're comparing the same work.

For those repeated movements, write down the **exercise, load, and reps**. Compare the next session with the last comparable one. A log helps you see when you've been repeating the same numbers without noticing.

YOUR CHECK

Could I tell you my load and reps from the last time I did my main exercise? **Yes / No**

TRY THIS

Pick one exercise you already do. Write down what you did today. Keep the entry so you can compare it next time.

FIX 04

4

ASK WHETHER YOUR WORKING SETS ARE STILL CHALLENGING

When you get stronger, the same load for the same reps can become easier. A set that used to be close to failure may drift farther away from it. That changes the training stimulus, even if the notebook still says the same thing.

YOUR CHECK

On your last working set, how many more **controlled** reps did you think you had left? _____

TRY THIS

Look at both the load/reps and how hard the set actually felt when you compare repeat sessions. Don't add weight just to make a number go up: a performance increase is evidence of gained capacity, not a magic cause of muscle growth.

FIX 05

LET YOUR BREATHING RECOVER BETWEEN HARD SETS



If your lungs give out before the muscle you're trying to train, your set may be limited by breathlessness rather than that muscle doing enough work. Short rests can contribute to this, especially with demanding exercises.

Let your breathing settle enough that your next set can be limited by the target muscle. There's no universal rest-time number in this guidance.

YOUR CHECK

What usually makes you stop first: **the muscle / breathlessness / not sure?**

FILL THIS IN NOW

YOUR 5-FIX AUDIT

Which sounds most like your recent training? Tick whatever applies.

☐

FIX 01 My gym times exist mostly in my head, not on my calendar.

☐

FIX 02 I'm not sure my exercises directly train the muscles I care about.

☐

FIX 03 I change movements often or don't know last session's load and reps.

☐

FIX 04 I can't tell how close my working sets are to failure.

☐

FIX 05 I often stop because I'm out of breath before the target muscle is done.

MY ONE-WEEK PLAN

The one area I'm checking first:

My next small action:

When I'll do it:

What I'll write down afterward:

WHAT A FINISHED AUDIT LOOKS LIKE

WORKED EXAMPLE

FICTIONAL, NOT A CLIENT RESULT

“My work calendar leaves Tuesday and Friday open. I’ll use those as my two spaced training opportunities.”

THE ONE AREA I'M CHECKING FIRST

I don't track what I do.

MY NEXT SMALL ACTION

Log my chest press load and reps, using the same exercise setup.

WHEN I'LL DO IT

Tuesday, after my chest press.

WHAT I'LL WRITE DOWN AFTERWARD

The exercise, load, reps, and how close the set felt to failure.

That's a finished first step: a real calendar, one thing to monitor, and a note to compare. Now you have something specific to check next time.

TRY THIS ON PAPER

WORKED EXAMPLE

A filled-in 5-fix action week

Fictional audit. The point is one clear change, not a made-up transformation.

Tuesday	Gym slot on the calendar	Repeat the same chest-press setup.
During the set	Track one working set	Record load, reps and how many controlled reps felt left.
Between sets	Check breathing	Rest until breathlessness is not the main limit.
Friday	Second gym slot	Use the same exercise, then log and compare.
Weekend	Review the audit	Choose the next habit to check.

Your turn: Copy this format. Choose your real days, foods or exercises. This shows how the five checks fit together. It is a mock plan, not a client story.

1:1 COACHING • HOW IT WORKS

TIRED OF STARTING OVER?

You have trained before. When work gets busy, the plan slips. Then you are guessing again.

That does not mean you need better genes or a perfect week. You may need a plan built around your real week and a person who helps you review it. Here is the process I offer.

01 • PLAN

I build your training around your goal, equipment and schedule.

02 • LOG

You record sessions and your weekly check-in in the coaching app.

03 • REVIEW

We look at what happened. I revise the plan every four weeks, or sooner when needed.

WHAT YOU GET IN 16 WEEKS

- A personal training plan, exercise explanations and form feedback.
- Weekly check-ins, a kickoff call and a review call every four weeks.
- Training-focused meal plans and food guidance, plus group access.
- WhatsApp questions and form clips. Replies within 2-3 business days.

What support looks like: your plan → your workout log → your check-in → my feedback. You can see how the plan, session log, weekly check-in and coach feedback fit together.

A CLEAR NEXT STEP

COACHING THAT FITS **YOUR** **WEEK**

I'm **a med intern who lifts**. I coach training and fitness nutrition. I do not offer medical diagnosis or treatment. We work from your goals and your actual routine.

AVAILABILITY

I can confirm current coaching availability on our fit call.

YOUR FREE FIT CALL

We talk for about 30 minutes. You tell me your goal, your schedule and what you have tried. I explain the coaching process. We decide whether working together makes sense. No pressure.

DM me COACH on Instagram

@dr.mavion · I explain price and fit plainly in DMs or on a free call.

Progress varies. There are no promised physique results. Full written terms, including cancellation and refunds, are shared in writing before you pay.