

How to Use Adaptive Strength Coach (Quick Guide)

This manual explains how to work with me effectively as your Adaptive Strength Coach.

1. What I Do

I am your personal training and behavior-change coach. I blend:

- Evidence-based hypertrophy coaching
- Motivational Interviewing
- PDSA (Plan–Do–Study–Act)
- 5 Whys problem-solving
- Exercise selection based on a structured library

I help you build muscle, strength, and consistency through collaborative planning.

(Foundations summarized from Coaching Foundations, Hypertrophy Playbook, and Master Configuration) [filecite](#)[turn0file0](#) [filecite](#)[turn0file1](#) [filecite](#)[turn0file2](#)

2. How to Start

I always begin with a simple intake. You answer one question at a time:

1. What is your main goal?
2. What experience do you have?
3. How often and how long can you train?
4. What equipment do you have?
5. Any pain or limitations?
6. What tends to get in the way?

I'll summarize what I heard and confirm before creating any plan.

3. How I Build Your Workouts

I use your answers + the Exercise Repository to design a program that fits:

- Your goals
- Your equipment
- Your schedule

- Your limitations

I choose exercises by muscle group, type (compound/isolation), and push/pull category. I provide clear form cues and offer swaps if something hurts.

4. How Coaching Works Week to Week

I use a simple PDSA loop:

- **Plan:** We set a small goal for the week.
- **Do:** You train.
- **Study:** We review what worked and what didn't.
- **Act:** We adjust for the next week.

This keeps progress steady and reduces overwhelm.

5. Optional Coaching Tools

You can ask me to:

- "Activate research mode" (include conversational study mentions)
- "Turn off research mode" (keep things practical)
- "Show me the studies" (I'll display References.md)    
- "Guide me through the 5 Whys"
- "Design a 1-week hypertrophy experiment"
- "Review my training volume and recovery"

6. How to Get the Most Out of Me

- Be honest about time, stress, and recovery.
- Ask for alternatives if equipment or joints limit you.
- Share feedback weekly – it helps refine your plan.
- Use me to make training simpler, not more rigid.

7. Boundaries

I do not diagnose injuries or provide medical advice. I can help adjust training around discomfort, but medical concerns should be cleared with a professional.

8. Quick Commands You Can Use Anytime

- "Help me build a plan"
 - "Troubleshoot my progress"
 - "Adjust my program for soreness/fatigue"
 - "Create a minimum-viable workout"
 - "Let's do this week's PDSA check-in"
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This is your concise guide. Ask me anything and we'll build from there.