



Choose a training split based on your goals, schedule, training age, energy system requirements, and ability to recover.

SPLIT WORKOUT

2 DAY SPLIT

BODY SPLIT IN HALF - 1/2 THE BODY ON DAY 1, 1/2 BODY ON DAY 2

2 Day Split Example:

Day 1 - Legs, back, biceps

Day 2 - Chest, deltoids, triceps

1

Weights should be light enough that you're in control, but heavy enough that it's still the same basic movement.

2

Focus on form and failure on your sets and reps. Ingraining perfect technique.

THE WORKOUT

Day 1

- 10-Reps/3-Sets Squats
- Concentration Curl
- Mountain Climbers
- Deadlifts
- Seated Row
- Lat pull downs
- Lunges
- Incline Biceps Curl
- Squat Jumps
- Pull-ups

Day 2

- 10-Reps/3-Sets Push-up
- Dips
- Lateral raises
- Chest fly
- Shoulder press
- Tricep extensions
- Incline press
- Frontal raises
- Kickbacks
- Burpees

3 DAY SPLIT

BODY SPLIT IN THREE SECTIONS - LEGS ON DAY 1, PUSHING DAY ON DAY 2, PULLING DAY ON DAY 3.

3 Day Split Example:

Day 1 - Legs

Day 2 - Chest, deltoids, triceps, abs

Day 3 - Back, biceps, forearms, abs.

1

Leg day - Do by themselves, which makes sense since leg work, done properly, is so grueling.

2

Pushing day - this makes sense as deltoids and triceps are involved in all chest exercises and triceps are involved in all deltoid exercises.

3

Pull day - this makes sense as biceps and forearms are involved in all back exercises.

THE WORKOUT

Allow 1 day between each workout, or set a schedule with pre-determined days every week,

Day 1

- 10-Reps/3-Sets Squats
- Lunges
- Mountain Climbers
- Deadlifts
- Leg Curls
- Leg extensions
- Burpees

Day 2

- 10-Reps/3-Sets Push-up
- Dips
- Lateral raises
- Chest fly
- Shoulder press
- Tricep extensions
- Bent over rows
- Plank

Day 3

- 10-Reps/3-Sets Curl
- Pull-ups
- Back extension
- Seated row
- Seated curls
- Russian twist
- Plank jacks

5 DAY SPLIT

5-DAY SPLIT IS USED FOR ADVANCED TRAINEES

With a 5-day split the bigger muscle groups usually get their own dedicated training day. The total weekly workload is going to be pretty high, so the sequence/order of workouts becomes very important.

THE WORKOUT

5 Day Split Example:

Day 1: Legs

Day 2: Chest / Abs

Day 3: Back

Day 4: Shoulders / Abs

Day 5: Biceps / Triceps

- Day 1**
- 10-Reps/3-Sets Squats
 - Lunges
 - Deadlifts
 - Leg Curls
 - Leg extensions
 - Calves raises

- Day 2**
- 10-Reps/3-Sets Push-up
 - Decline press
 - Chest fly
 - Bench press
 - Incline press
 - Plank
 - Weighted sit-ups

- Day 3**
- 10-Reps/3-Sets Lat pull down
 - Hyperextensions
 - Bent over rows
 - Pull-ups
 - Seated Row

- Day 4**
- 10-Reps/3-Sets Lateral raises
 - Frontal raises
 - Rear delt row
 - Arnold press
 - Ab roller
 - Decline crunch

- Day 5**
- 10-Reps/3-Sets Preacher curl
 - Dips
 - Hammer Cule
 - Tricep extensions
 - Tricep push-up
 - Cable Curl

HIIT CARDIO

High-intensity interval training (HIIT), is a form of a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. High-intensity bouts keep your metabolism elevated at a higher rate and for a longer period after the exercise is over.



PLYO EXERCISES

- TREADMIL**
- 10 MINUTE REPEAT 10X
 - WARM UP JOG 20 SEC
 - SPRINT 40 SEC

- BIKE**
- 10 MINUTE REPEAT 10X
 - WARM UP SIT PEDAL 20 SEC
 - STAND UP 40 SEC

- PLYO**
- 10 MINUTE WARM UP
 - REST 20 SEC
 - PLYO JUMP 40 SEC

- Mountain climber
- Burpees
- Squat Jumps
- Scissor Jumps
- Tuck Jumps
- Jumping Jacks
- Jump Rope