

EXAMPLE
EXAMPLE: UPPER / LOWER SPLIT, EACH MUSCLE GROUP TWICE A WEEK

Workout plan, 4 days

CLIENT _____	WEEK / DATE _____	GOAL _____	LIMITATIONS _____
-----------------	----------------------	---------------	----------------------

DAY 1 Upper A

DAY 2 Lower A

DAY 3 Upper B

DAY 4 Lower B

1 Day 1: Upper A

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES
Barbell bench press	3	6 to 8	3-1-1-0	8	2 to 3 min		
Bent-over row	3	8 to 10	2-1-1-0	8	2 min		
Dumbbell shoulder press	3	8 to 10	2-0-1-0	8	2 min		
Lat pulldown	3	10 to 12	2-1-1-0	8	90 s		
Cable triceps pushdown	2	10 to 12	2-0-1-0	9	60 s		
Dumbbell curl	2	10 to 12	2-0-1-0	9	60 s		

2 Day 2: Lower A

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES
Back squat	3	6 to 8	3-1-1-0	8	2 to 3 min		
Romanian deadlift	3	8 to 10	3-1-1-0	8	2 min		
Leg press	3	10 to 12	2-0-1-0	8	2 min		
Lying leg curl	3	10 to 12	2-1-1-0	9	90 s		
Standing calf raise	3	12 to 15	2-1-1-1	9	60 s		
Plank	3	30 to 45 s	hold	8	60 s		

How to read it: RPE 8 means you could have done about 2 more reps at the end of the set. Tempo is seconds down, pause, up, pause (3-1-1-0 = 3 down, 1 pause, 1 up, no pause at the top). Loads are left blank because they differ for every client. This is a general example, not a plan for a specific person.

EXAMPLE

EXAMPLE, CONTINUED: UPPER B AND LOWER B

Workout plan, 4 days

CLIENT _____	WEEK / DATE _____	GOAL _____	LIMITATIONS _____
-----------------	----------------------	---------------	----------------------

DAY 1 Upper A

DAY 2 Lower A

DAY 3 Upper B

DAY 4 Lower B

3 Day 3: Upper B

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES
Incline dumbbell press	3	8 to 10	3-0-1-0	8	2 min		
Pull-up or close-grip pulldown	3	6 to 10	2-1-1-0	8	2 min		
Lateral raise	3	12 to 15	2-0-1-0	9	60 s		
Seated cable row	3	10 to 12	2-1-1-0	8	90 s		
Face pull	2	12 to 15	2-1-1-0	9	60 s		
Dip or overhead triceps extension	2	10 to 12	2-0-1-0	9	60 s		

4 Day 4: Lower B

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES
Trap bar deadlift or hip thrust	3	5 to 8	2-0-1-1	8	2 to 3 min		
Walking lunge (dumbbells)	3	8 to 10 each leg	2-0-1-0	8	90 s		
Leg extension	3	10 to 12	2-1-1-0	9	90 s		
Hip adduction or abduction	2	12 to 15	2-1-1-0	9	60 s		
Seated calf raise	3	12 to 15	2-1-1-1	9	60 s		
Side plank	3	20 to 30 s each side	hold	8	45 s		

Progression rule: when the client hits the top of the rep range on every set, raise the load by the smallest step next session and start again at the bottom of the range.

BLANK COPY TO FILL IN, DAYS 1 AND 2

Workout plan, **blank**

CLIENT _____	WEEK / DATE _____	GOAL _____	LIMITATIONS _____
-----------------	----------------------	---------------	----------------------

DAY 1

DAY 2

DAY 3

DAY 4

1 Day 1:

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES

2 Day 2:

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES

NOTES

BLANK COPY TO FILL IN, DAYS 3 AND 4

Workout plan, **blank**

CLIENT _____	WEEK / DATE _____	GOAL _____	LIMITATIONS _____
-----------------	----------------------	---------------	----------------------

DAY 1
DAY 2
DAY 3
DAY 4

3 Day 3:

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES

4 Day 4:

EXERCISE	SETS	REPS	TEMPO	RPE	REST	LOAD	NOTES

NOTES

TRACK LOAD OVER 8 WEEKS AND COUNT SETS PER MUSCLE

Progression and weekly sets

CLIENT _____	WEEK / DATE _____	GOAL _____	LIMITATIONS _____
-----------------	----------------------	---------------	----------------------

1 Load progression (heaviest working set)

EXERCISE	W1	W2	W3	W4	W5	W6	W7	W8

2 Sets per muscle group per week

MUSCLE GROUP	YOUR SETS	REFERENCE BAND	ADJUST?
Chest	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Back	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Shoulders	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Biceps	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Triceps	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Quadriceps	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Hamstrings and glutes	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Calves	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	
Core	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	10 or more	

A guide, not a rule: the meta-analysis by Schoenfeld et al. (2017) compared fewer than 5, 5 to 9 and 10 or more sets per muscle per week, and more weekly sets went with more muscle growth on average. Start lower and build up over weeks rather than starting high.