

FREE TEMPLATES

Workout split templates for 3, 4 and 5 days

Three ready-to-edit weekly plans. Pick the one that matches the days your client can train, then change exercises, sets and reps to fit.

3 DAYS A WEEK Full body Every main muscle 3x a week	4 DAYS A WEEK Upper / lower Every main muscle 2x a week	5 DAYS A WEEK Push, pull, legs + 2 Every main muscle 2x or more
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1 Your week at a glance

Suggested days. Move them to suit the client.

3 day
Full body

MON FB A	TUE rest	WED FB B	THU rest	FRI FB C	SAT rest	SUN rest
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4 day
Upper / lower

MON Upper A	TUE Lower A	WED rest	THU Upper B	FRI Lower B	SAT rest	SUN rest
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5 day
PPL + upper / lower

MON Push	TUE Pull	WED Legs	THU rest	FRI Upper	SAT Lower	SUN rest
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2 Hard sets per muscle, per week

Orange bar = 5 or more sets. Grey = fewer. Counts the exercises in these plans.

MUSCLE	3 DAY FULL BODY	4 DAY UPPER / LOWER	5 DAY PPL + UL
Chest	8 sets, 3x	6 sets, 2x	11 sets, 2x
Back	9 sets, 3x	12 sets, 2x	12 sets, 2x
Shoulders	7 sets, 3x	8 sets, 2x	10 sets, 3x
Quads	9 sets, 3x	12 sets, 2x	11 sets, 2x
Hams and glutes	8 sets, 3x	11 sets, 2x	12 sets, 2x
Biceps	4 sets, 2x	2 sets, 1x	7 sets, 2x
Triceps	4 sets, 2x	4 sets, 2x	7 sets, 2x
Calves	2 sets, 1x	6 sets, 2x	6 sets, 2x
Core	3 sets, 1x	6 sets, 2x	6 sets, 2x
Total	54 sets, 21 exercises	67 sets, 24 exercises	82 sets, 30 exercises

3 How to use these plans

Choose the split by the days a client will really attend. Run one plan for 4 to 8 weeks, log every set, then change one thing at a time. Progress by adding reps in the range first, then load. The sets above are our own example, a starting point and not a prescription.

3 DAY SPLIT

Full body, 3 days a week

Every main muscle three times a week, with a rest day between sessions. A good fit for new lifters, busy clients and anyone who can only guarantee three sessions.

TRAINING DAYS	MAIN MUSCLES PER WEEK	HARD SETS PER WEEK	EXERCISES
3	3x	54	21

Day 1: Full body A						MON
EXERCISE	SETS	REPS	RPE	LOAD	DONE	
Back squat	3	6 to 8	8			
Barbell bench press	3	6 to 8	8			
Barbell row	3	8 to 10	8			
Romanian deadlift	2	8 to 10	8			
Dumbbell lateral raise	2	12 to 15	9			
Dumbbell curl	2	10 to 12	9			
Standing calf raise	2	12 to 15	9			

Day 2: Full body B						WED
EXERCISE	SETS	REPS	RPE	LOAD	DONE	
Leg press	3	8 to 10	8			
Overhead press	3	6 to 8	8			
Lat pulldown	3	8 to 10	8			
Incline dumbbell press	2	8 to 10	8			
Lying leg curl	3	10 to 12	9			
Cable triceps pushdown	2	10 to 12	9			
Plank	3	30 to 45 s	8			

Day 3: Full body C						FRI
EXERCISE	SETS	REPS	RPE	LOAD	DONE	
Bulgarian split squat	3	8 to 10 / leg	8			
Dumbbell bench press	3	8 to 10	8			
Seated cable row	3	10 to 12	8			
Hip thrust	3	8 to 10	8			
Face pull	2	12 to 15	9			
Overhead triceps extension	2	10 to 12	9			
Hammer curl	2	10 to 12	9			

4 DAY SPLIT

Upper / lower, 4 days a week

Two upper days and two lower days, so each main muscle is trained twice. Same exercises as our [4-day workout plan template](#), in a shorter layout.

TRAINING DAYS	MAIN MUSCLES PER WEEK	HARD SETS PER WEEK	EXERCISES
4	2x	67	24

Day 1: Upper A MON					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Barbell bench press	3	6 to 8	8		
Bent-over row	3	8 to 10	8		
Dumbbell shoulder press	3	8 to 10	8		
Lat pulldown	3	10 to 12	8		
Cable triceps pushdown	2	10 to 12	9		
Dumbbell curl	2	10 to 12	9		

Day 2: Lower A TUE					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Back squat	3	6 to 8	8		
Romanian deadlift	3	8 to 10	8		
Leg press	3	10 to 12	8		
Lying leg curl	3	10 to 12	9		
Standing calf raise	3	12 to 15	9		
Plank	3	30 to 45 s	8		

Day 3: Upper B THU					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Incline dumbbell press	3	8 to 10	8		
Pull-up or close-grip pulldown	3	6 to 10	8		
Lateral raise	3	12 to 15	9		
Seated cable row	3	10 to 12	8		
Face pull	2	12 to 15	9		
Dip or overhead triceps extension	2	10 to 12	9		

Day 4: Lower B FRI					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Trap bar deadlift or hip thrust	3	5 to 8	8		
Walking lunge (dumbbells)	3	8 to 10 / leg	8		
Leg extension	3	10 to 12	9		
Hip adduction or abduction	2	12 to 15	9		
Seated calf raise	3	12 to 15	9		
Side plank	3	20 to 30 s / side	8		

Run it as Mon / Tue / Thu / Fri, or Mon / Wed / Fri / Sat. Keep one rest day between the two upper days.

5 DAY SPLIT

Push, pull, legs + 2, 5 days a week

Three focused days, then an upper and a lower day. Most main muscles get two hits a week. Suits experienced clients who recover well from five sessions.

TRAINING DAYS	MAIN MUSCLES PER WEEK	HARD SETS PER WEEK	EXERCISES
5	2x to 3x	82	30

Day 1: Push MON					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Barbell bench press	3	6 to 8	8		
Overhead press	3	6 to 8	8		
Incline dumbbell press	3	8 to 10	8		
Dumbbell lateral raise	3	12 to 15	9		
Cable triceps pushdown	3	10 to 12	9		
Overhead triceps extension	2	10 to 12	9		

Day 2: Pull TUE					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Barbell row	3	6 to 8	8		
Lat pulldown	3	8 to 10	8		
Seated cable row	3	10 to 12	8		
Face pull	2	12 to 15	9		
Barbell or EZ-bar curl	3	8 to 10	9		
Hammer curl	2	10 to 12	9		

Day 3: Legs WED					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Back squat	3	6 to 8	8		
Romanian deadlift	3	8 to 10	8		
Leg press	3	10 to 12	8		
Lying leg curl	3	10 to 12	9		
Standing calf raise	3	12 to 15	9		
Hanging knee raise	3	10 to 15	8		

Day 4: Upper FRI					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Dumbbell bench press	3	8 to 10	8		
Chest-supported row	3	8 to 10	8		
Dumbbell shoulder press	2	8 to 10	8		
Cable fly	2	12 to 15	9		
Cable curl	2	10 to 12	9		
Triceps rope extension	2	10 to 12	9		

Day 5: Lower SAT					
EXERCISE	SETS	REPS	RPE	LOAD	DONE
Trap bar deadlift or hip thrust	3	5 to 8	8		
Front squat or goblet squat	3	8 to 10	8		
Seated leg curl	3	10 to 12	9		
Leg extension	2	10 to 12	9		
Seated calf raise	3	12 to 15	9		
Side plank	3	20 to 30 s / side	8		

Sets per muscle this week

Count the hard sets, then compare with the table on page 1.

Chest	_____
Back	_____
Shoulders	_____
Quads	_____
Hams and glutes	_____
Biceps	_____
Triceps	_____
Calves	_____
Core	_____