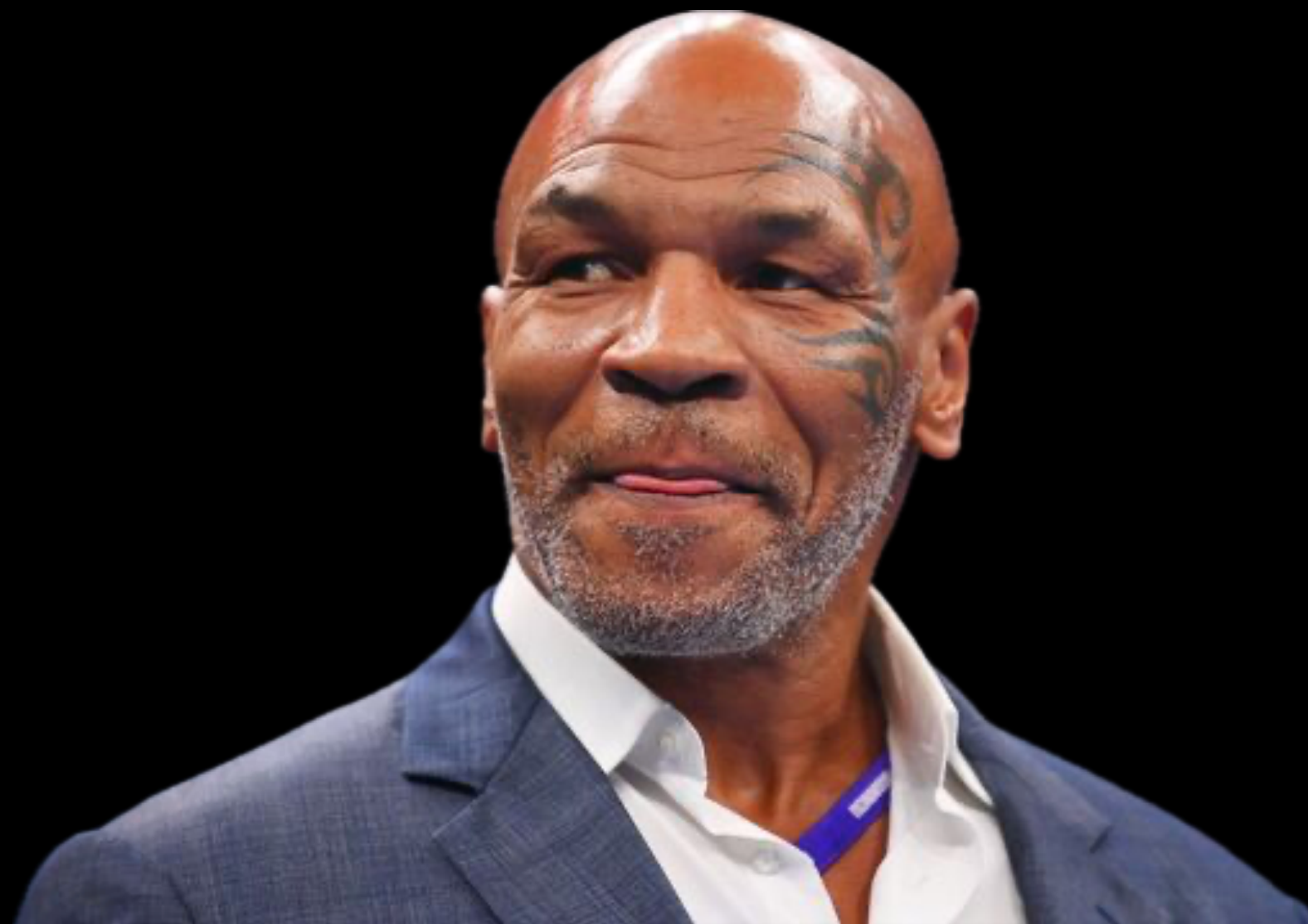




Lifity Splits



Frequency

Narrowing Down Your Split Options

- ▶ How many days per week do you have to train?
- ▶ What configuration options do you have with those days?
 - ▶ Do you have stacked days? Asymmetrical off periods?
- ▶ Do you have specific volume/frequency goals
 - ▶ What about for specific movement patterns or body parts?
- ▶ How much exercise variation do you want?

Narrowing Down Your Split Options

- ▶ It's likely that in most cases for training a body part 2x per week may be better than once.
 - ▶ But the difference between once and none is still much greater than between once and twice.
 - ▶ There is probably a grey area of training something directly once and indirectly on another day.
 - ▶ When your time to train is very limited you need to use a wholistic lens rather than a body part lens, especially for general population and fat loss clients.

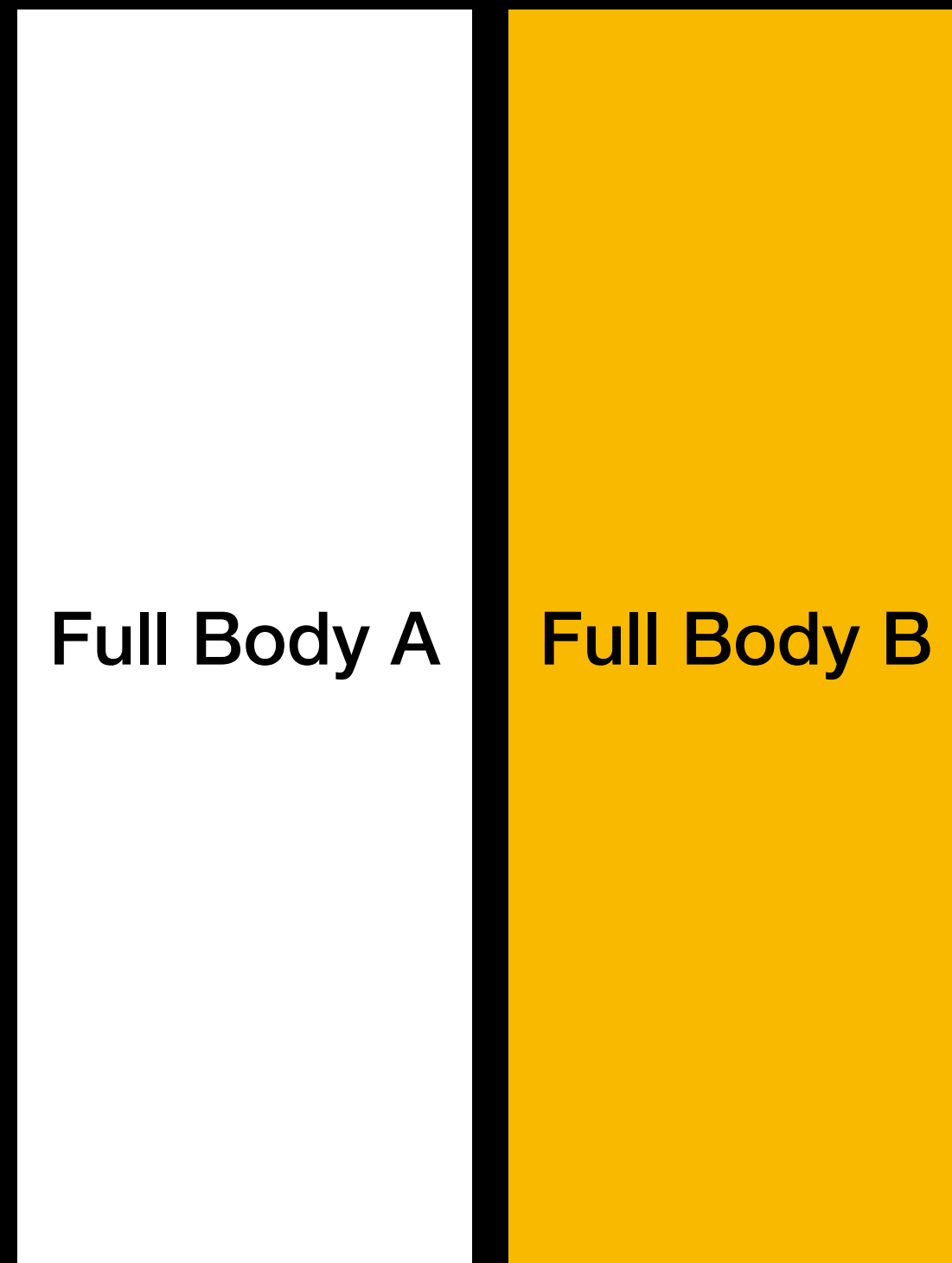
2x per week splits

- ▶ FB x2 - Full body 2 x
- ▶ Half Body - any arrangement of half the body one day half the other day, usually in a way that minimizes overlap
 - ▶ Upper Lower - upper 1 day, lower the other day (most common half body split)
- ▶ FB or HB with asymmetrical volume for priority movements
- ▶ 2xP - twice per week priority movements, 1x other movements
- ▶ FB + P - 1 full body session, 1 session focusing on higher priority movements.

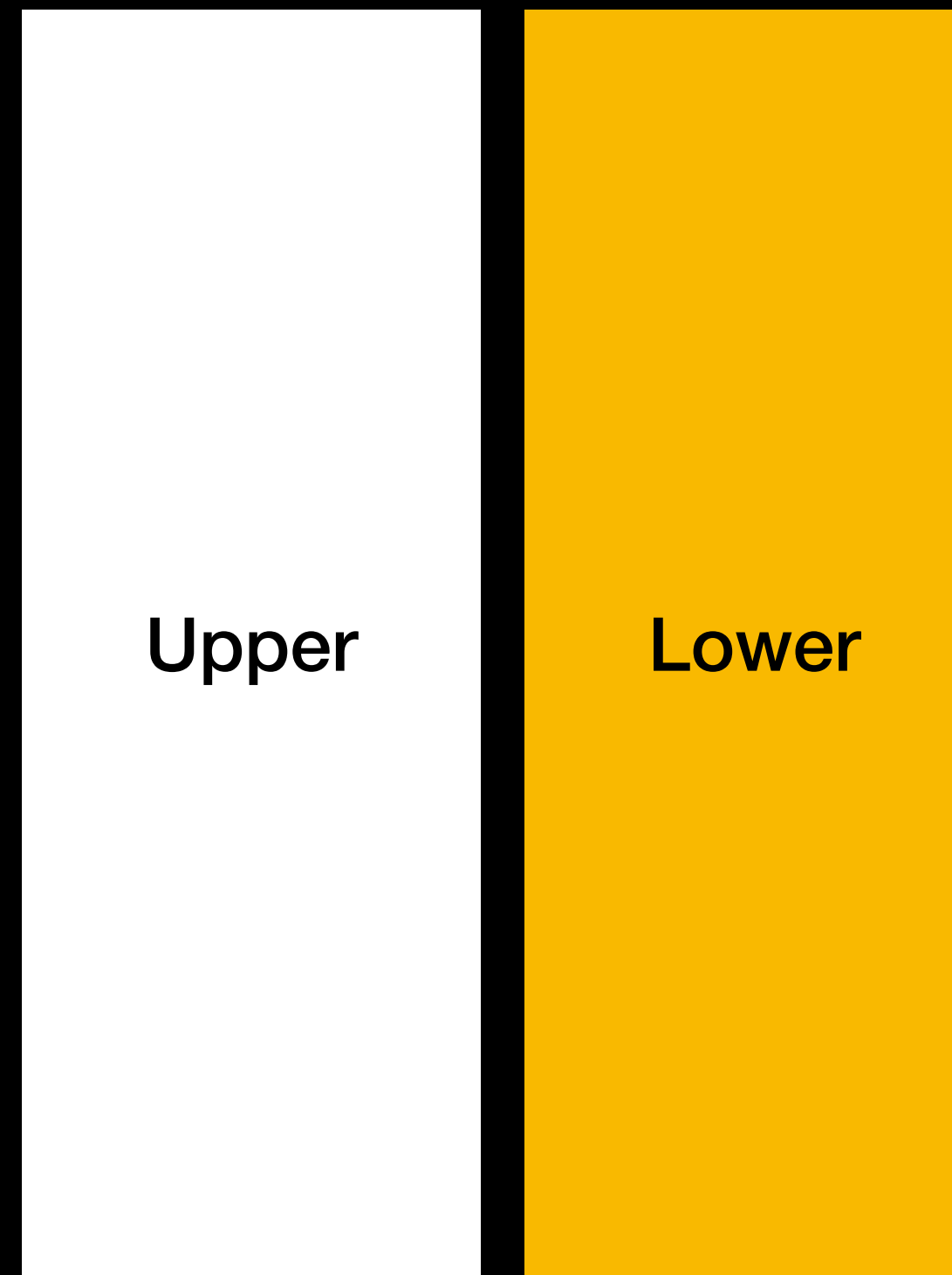
Full Body Vs Half Body

- ▶ More warm ups and fewer exercises per session
- ▶ Everything is trained twice per week
- ▶ Progressions can be bit harder to track/manage
- ▶ More time efficient because of few warm ups
- ▶ Maybe enough volume to have more exercises.
- ▶ Limits body parts to 1 - 1.5 x per week frequency.

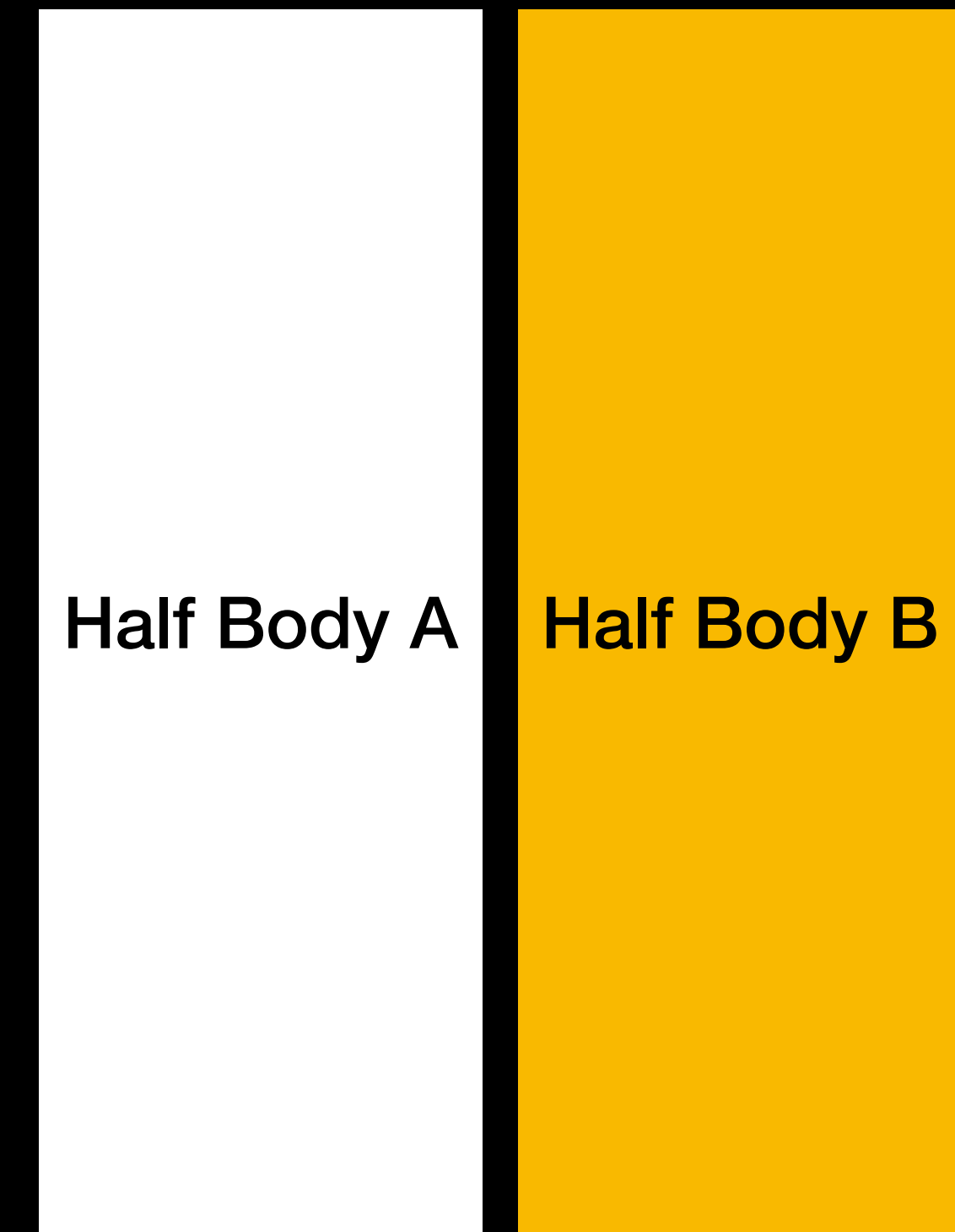
2x per week splits symmetrical volume



2x per body part



1x per body part



1x per body part

Half Body - Upper Lower Vs Push/Pull

▶ UL

- ▶ Intellectually easy
- ▶ Days are more asymmetrical
- ▶ If done back to back, need consider overlap in the grip, upper/lower back, and systemic fatigue.

▶ PP

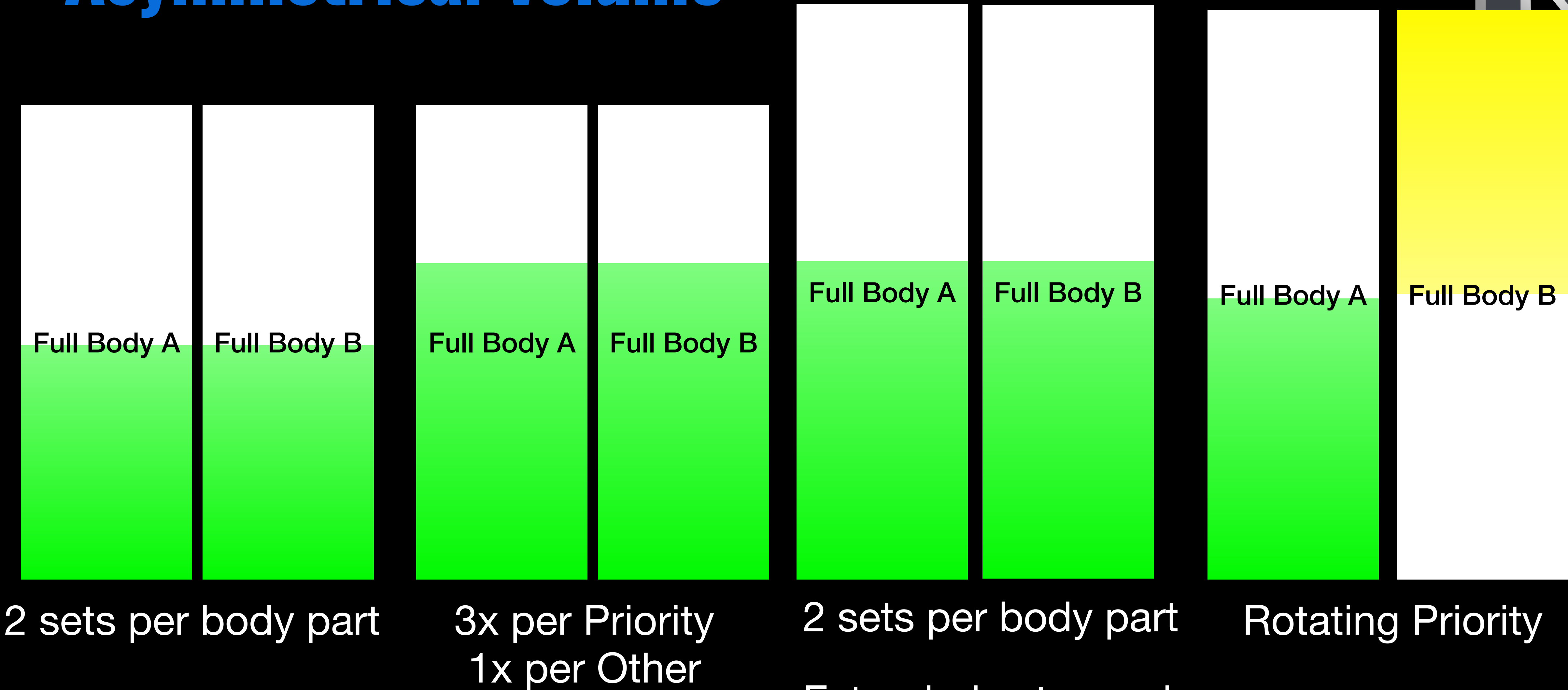
- ▶ More complicated but more options.
- ▶ Leg training is divided up which can be a pro/con depending on preference.
- ▶ Can be made to have less pre fatigue for same body parts within the session.
- ▶ If done back to back more considerations for overlapping fatigue. May be harder to program well for people with limited equipment.

Asymmetrical - Full Body Vs Half Body



- ▶ It's harder to have asymmetrical set volume with full body because you already have low volume per muscle group to work with.
- ▶ In both cases using set extensions is more time efficient (drop set, rest pause, partial at the end, etc)
- ▶ With HB splits, you can incrementally change volume easier because you have more sets to modify, however you can have asymmetrical full Body Splits where you emphasize different body parts on different days.

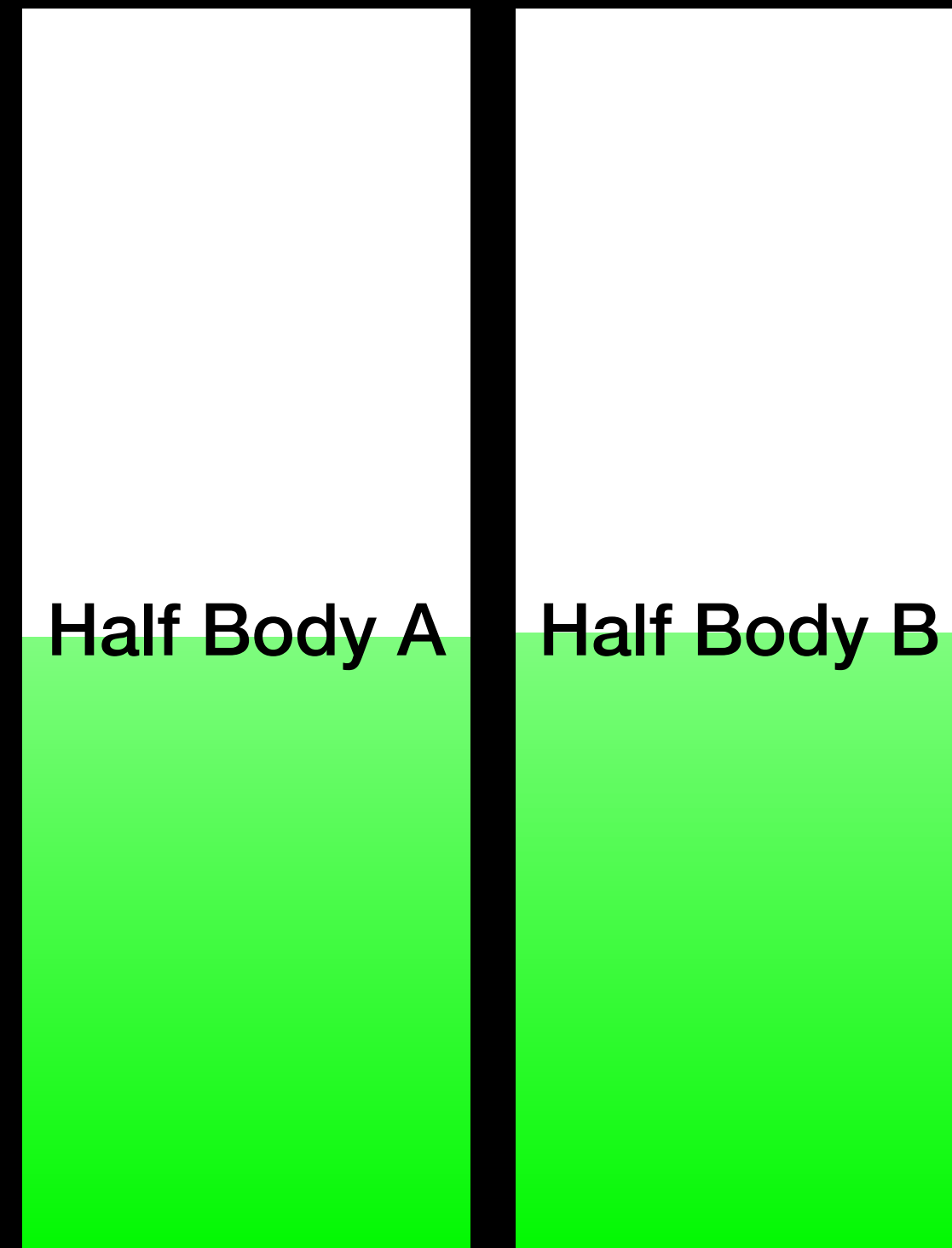
Asymmetrical Volume



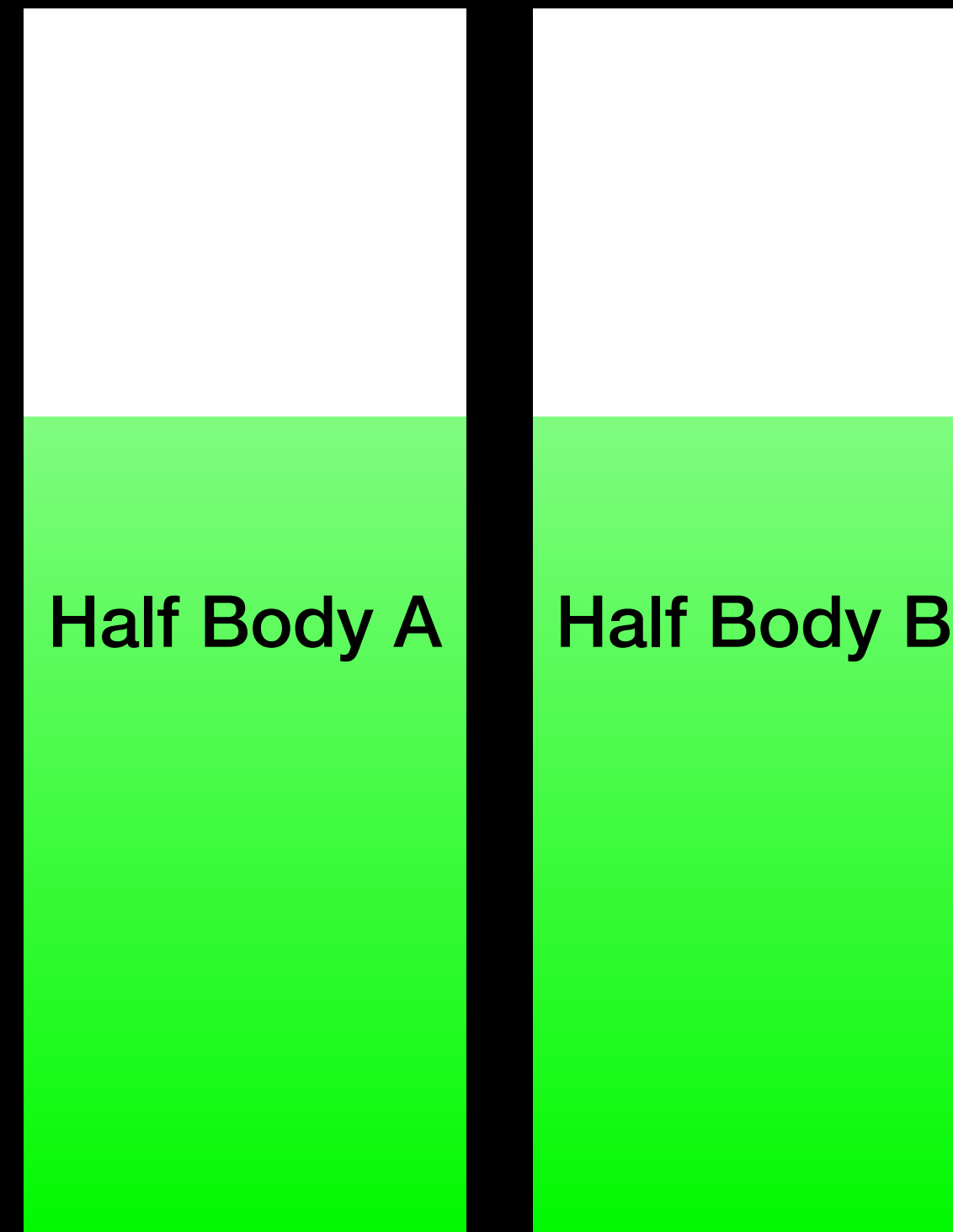
*Colored volume = Priority

Extended sets used for priority body parts.

Asymmetrical Volume

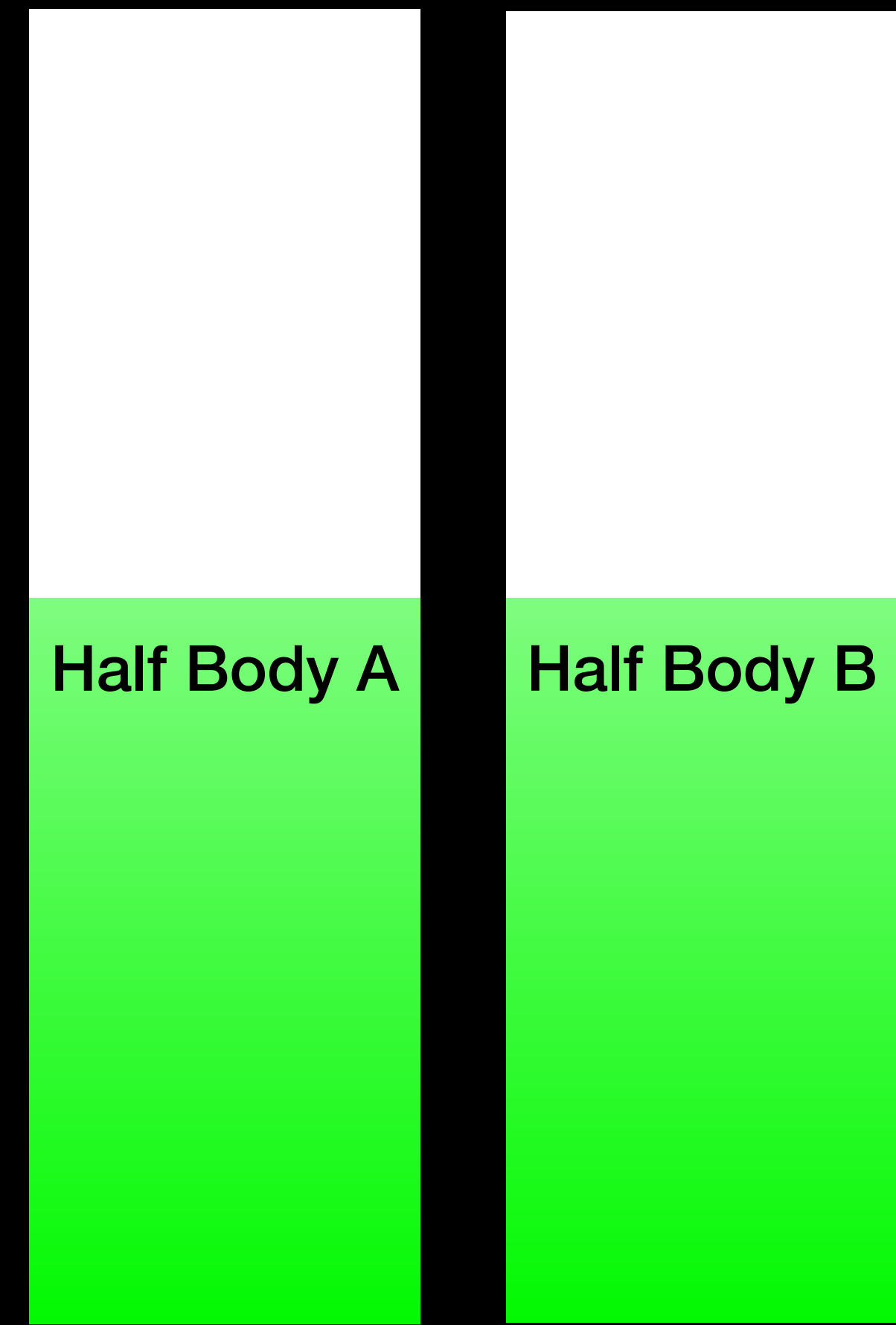


2 sets per body part



3x per Priority

1x per Other

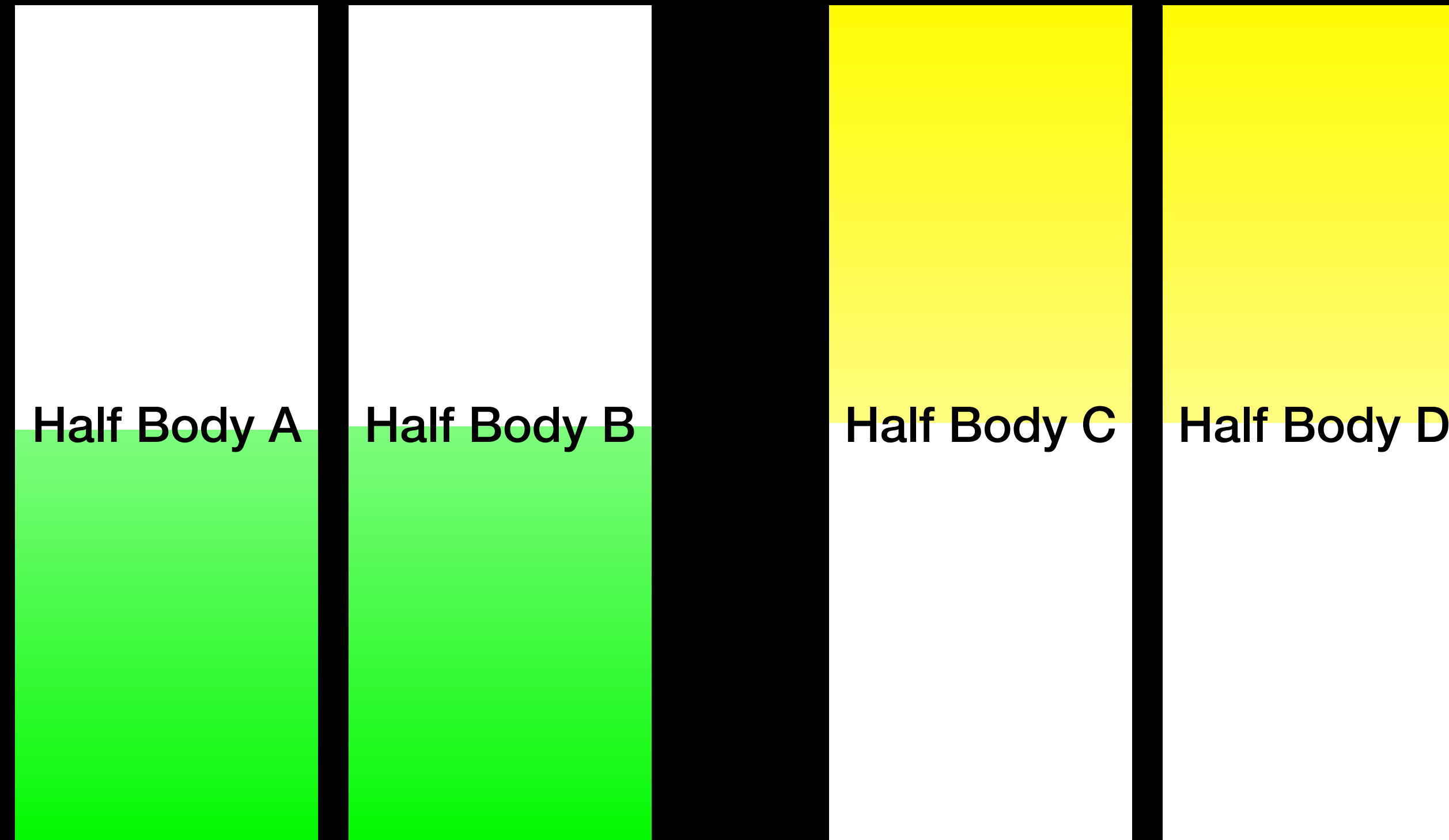


2 sets per body part

Extended sets used
for priority body
parts.

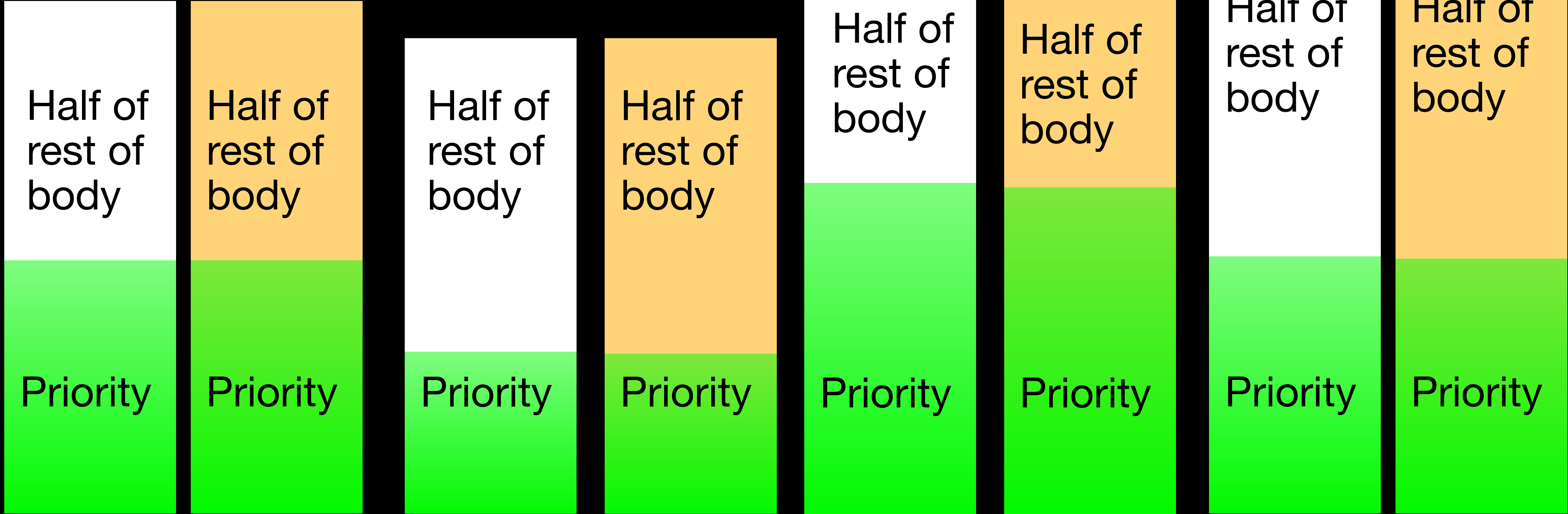
*Colored volume = Priority

Asymmetrical Volume



*Colored volume = Priority

2xP - twice per week priority movements, 1x other movements



Priority Body Parts
2x per week

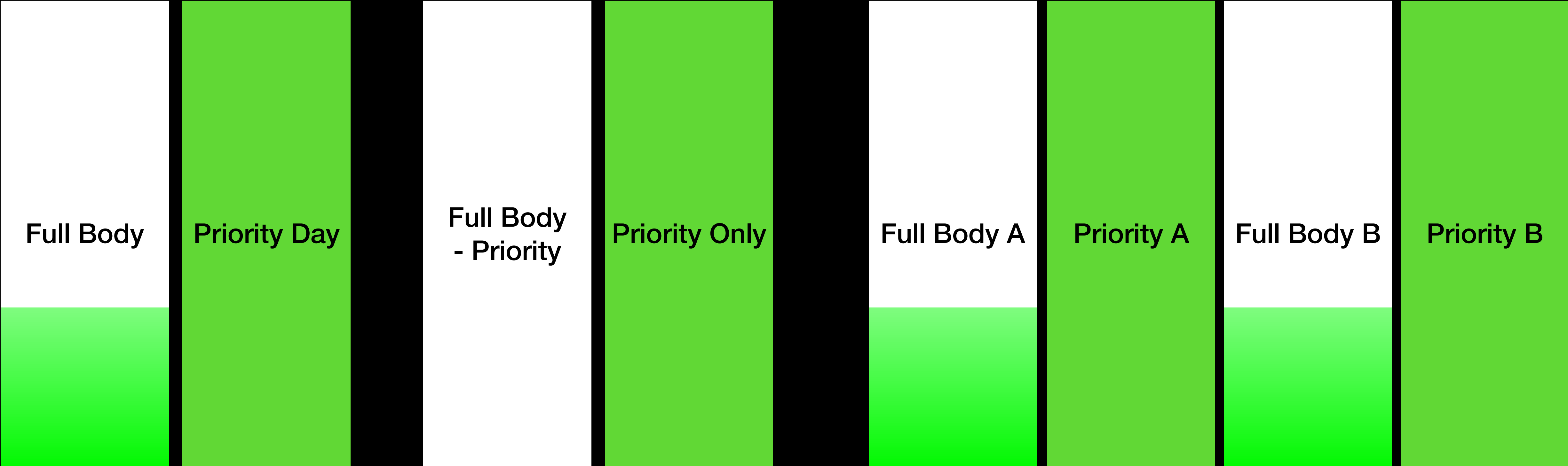
Fewer Priority Body
Parts 2x per week

Priority Body Parts
+ extended sets

extended sets for
non priority

*Green = Priority

FB + P - 1 full body session, 1 session focusing on higher priority movements.



*Green = Priority

FB + P - 1 full body session, 1 session focusing on higher priority movements.



*Green = Priority

FB + P - 1 full body session, 1 session focusing on higher priority movements.



Full Body A	Quad Bias	Full Body B	Hip Bias	Full Body A	Chest & Back	Full Body B	Arms & Delts
	Quad/Ham		Glute Bias		Chest & Arms		Lats & Arms
	Bilateral		Unilateral		Upper Push		Upper Pull
	Glute + Quad		Glute + Ham		Delts chest Back		Delts Bis Tris
	Glutes + Delts		Glute bias lower		Upper		Lower

There are many ways you can rotate priority sessions. Different exercises, different body parts.

*Green = Priority