

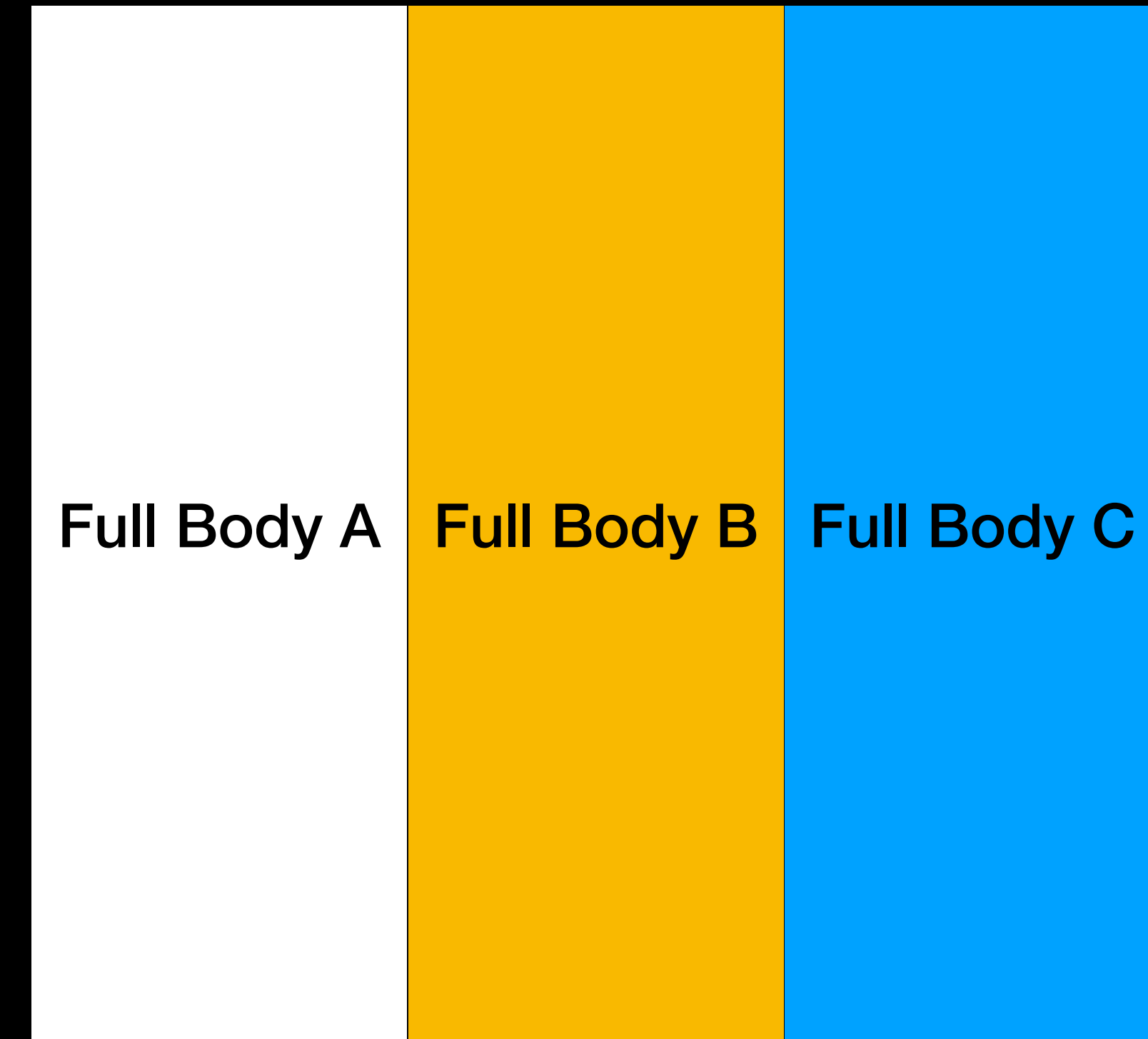
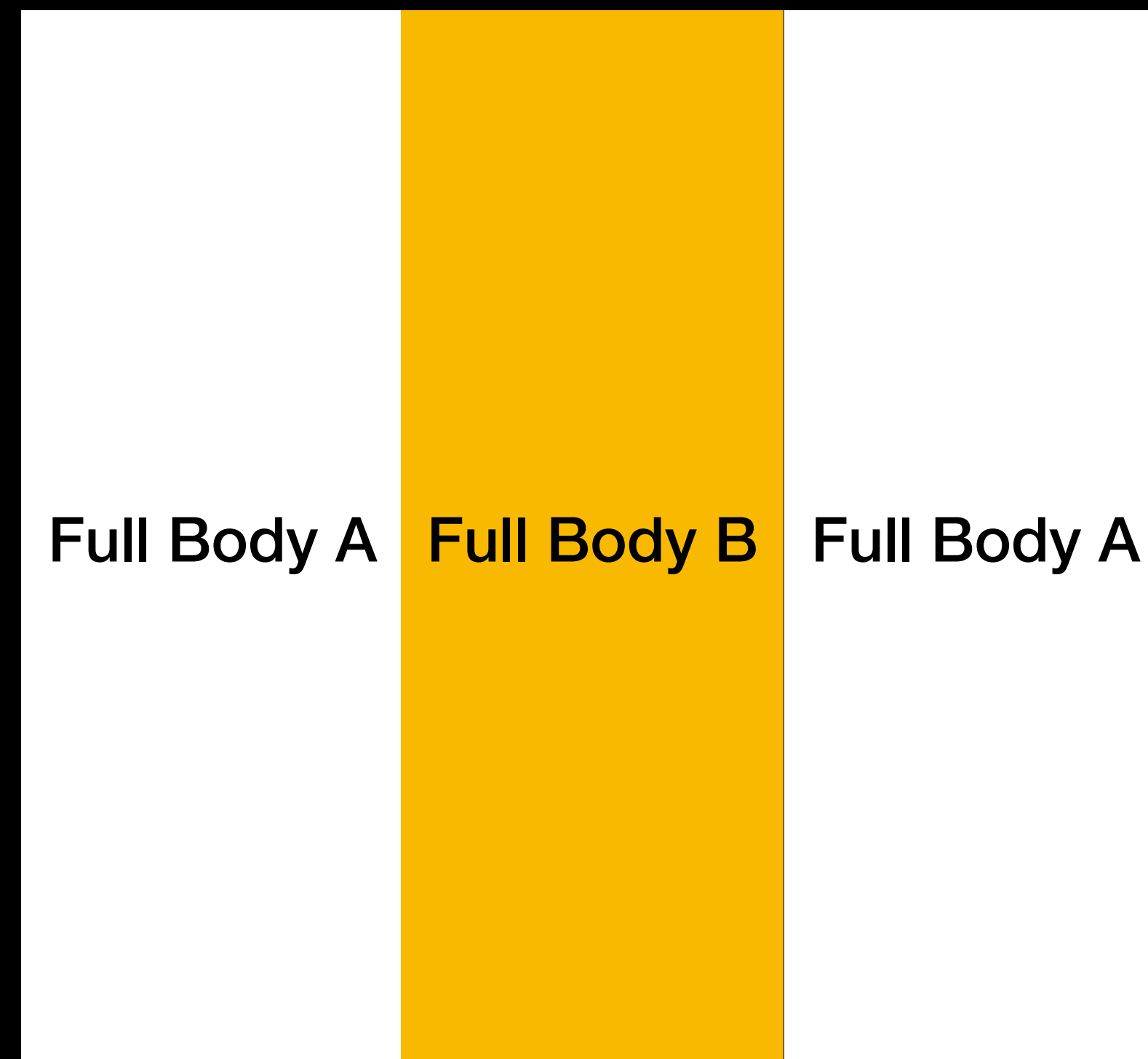
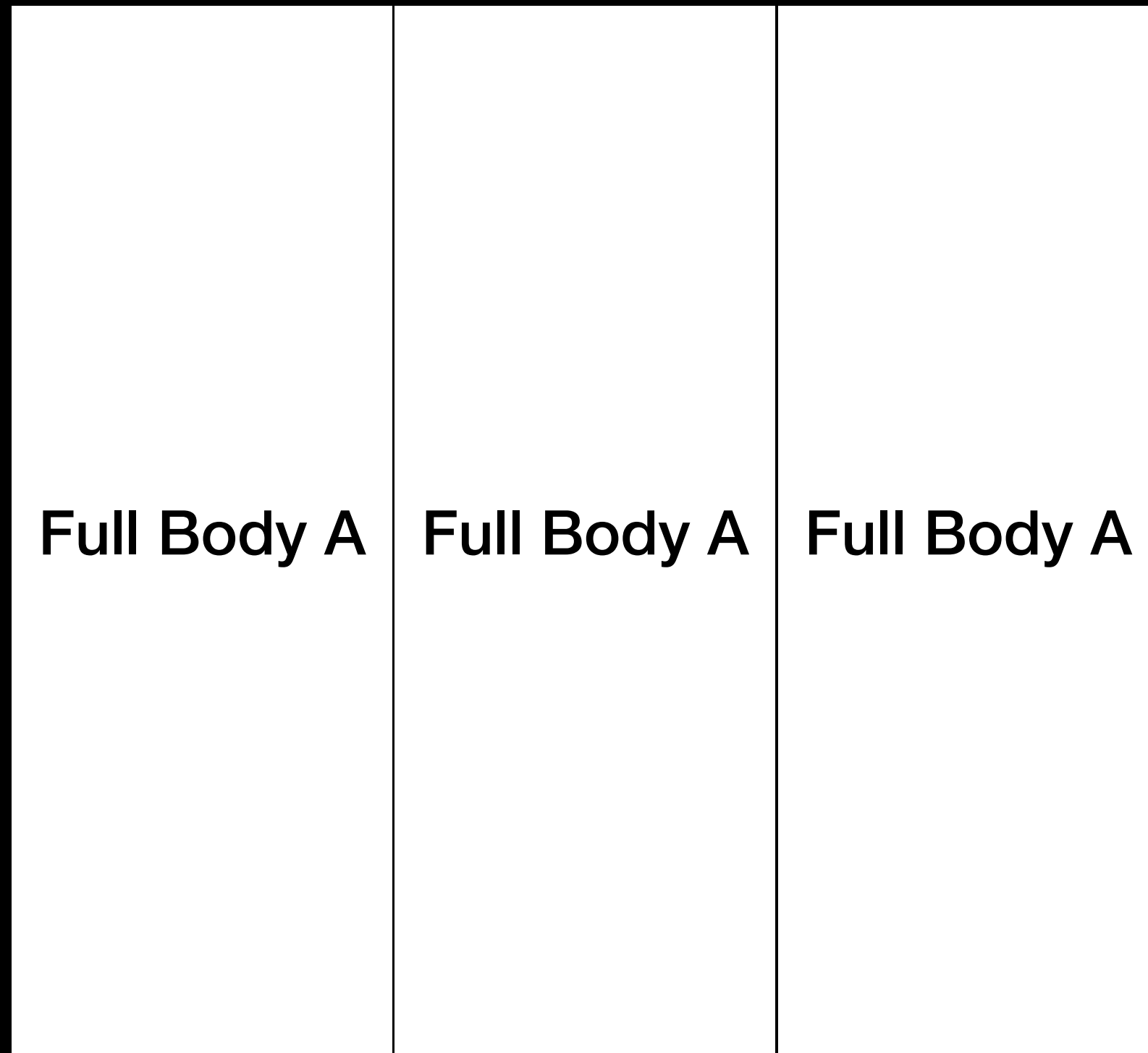
3x per week splits - Significantly more options

- ▶ FB x3
- ▶ UL or HB Rotation with asymmetrical weeks
- ▶ ULU - Upper Lower Upper (+ priority and asymmetrical variations)
- ▶ LUL - Lower Upper Lower (+ priority and asymmetrical variations) also LOL (lower, other, lower)
- ▶ FUL - Full body, Upper Lower or (Full + half + Half) aka FHB2
- ▶ FPP - Full Push Pull (+ priority and asymmetrical variations) also LOL (lower, other, lower)
- ▶ Third Body Splits- Any split of the body parts into 3 separate days (1 x each).
 - ▶ TAL - Torso Arms Legs
 - ▶ PPL - Push Pull Legs
 - ▶ LUG - Legs Upper Glutes

3x/week split examples

Balanced splits	Day 1	Day 2	Day 3	BP Frequency
Full Body (2x rotating)	FB1	FB2	FB1	3
Full Body (3x rotating)	FB1	FB2	FB3	3
HB Single Rotation	HB1	HB2	HB1	1.5
HB (2x rotation)	HB1 (4)	HB2	HB3	1.5
1/3 body splits	1/3	1/3	1/3	1
PPL	U-Push	U-Pull	Legs	1
PPL Undulating weeks	U-Push 1 (2)	U-Pull 1 (2)	Legs 1 (2)	1
TLA	Torso	Legs	Arms/Remedial	1
Unbalanced Split	Day 1	Day 2	Day 3	
LUL	Lower	Upper	Lower	1.5
ULU	Upper	Lower	Upper	1.5
FB-UL/HB	FB	Upper/HB	Lower/HB	2
2/3 Body	2/3	2/3	2/3	2
Specialization Split	Day 1	Day 2	Day 3	
Glutes	Q&G	Upper	H&G	2:1
Glutes	Glute Squat	Glute Hinge	Glute Uni	3:1

FB/TB 3x



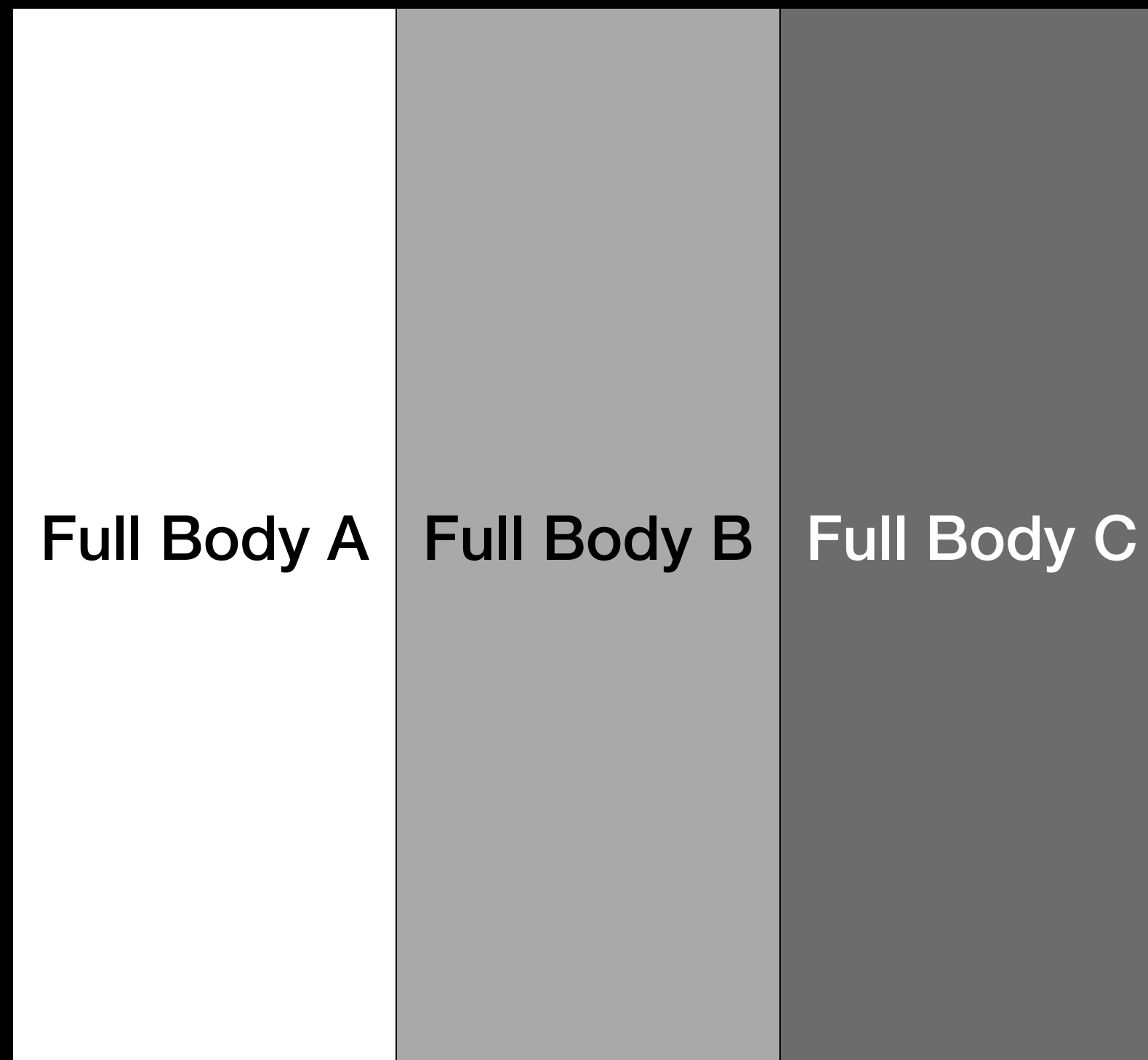
Least Variation
Shouldn't be a long meso

More Variation, but still not
much, so again don't make
the meso too long

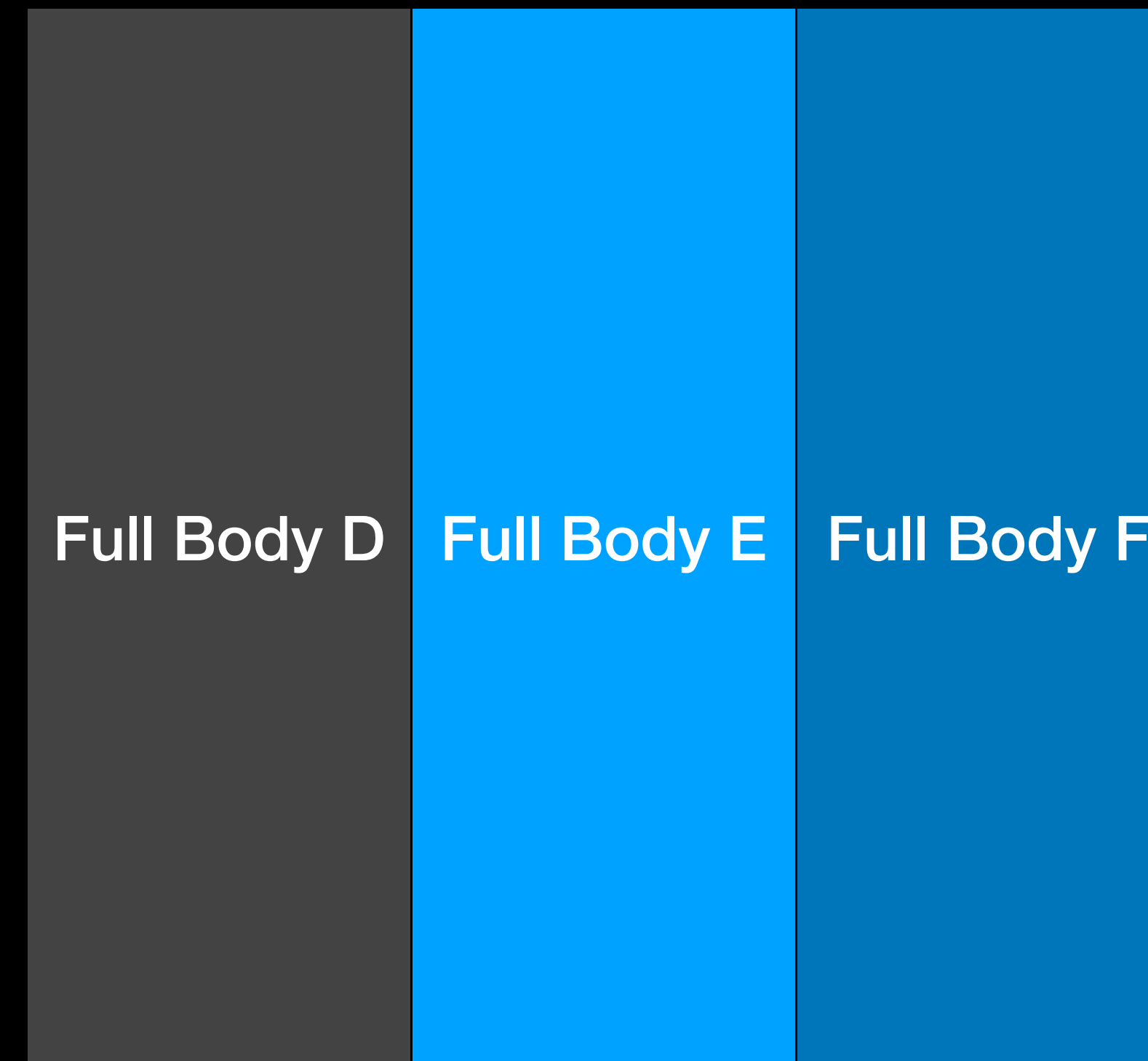
Enough Variation for longer
meso

Very High Variation

Week 1



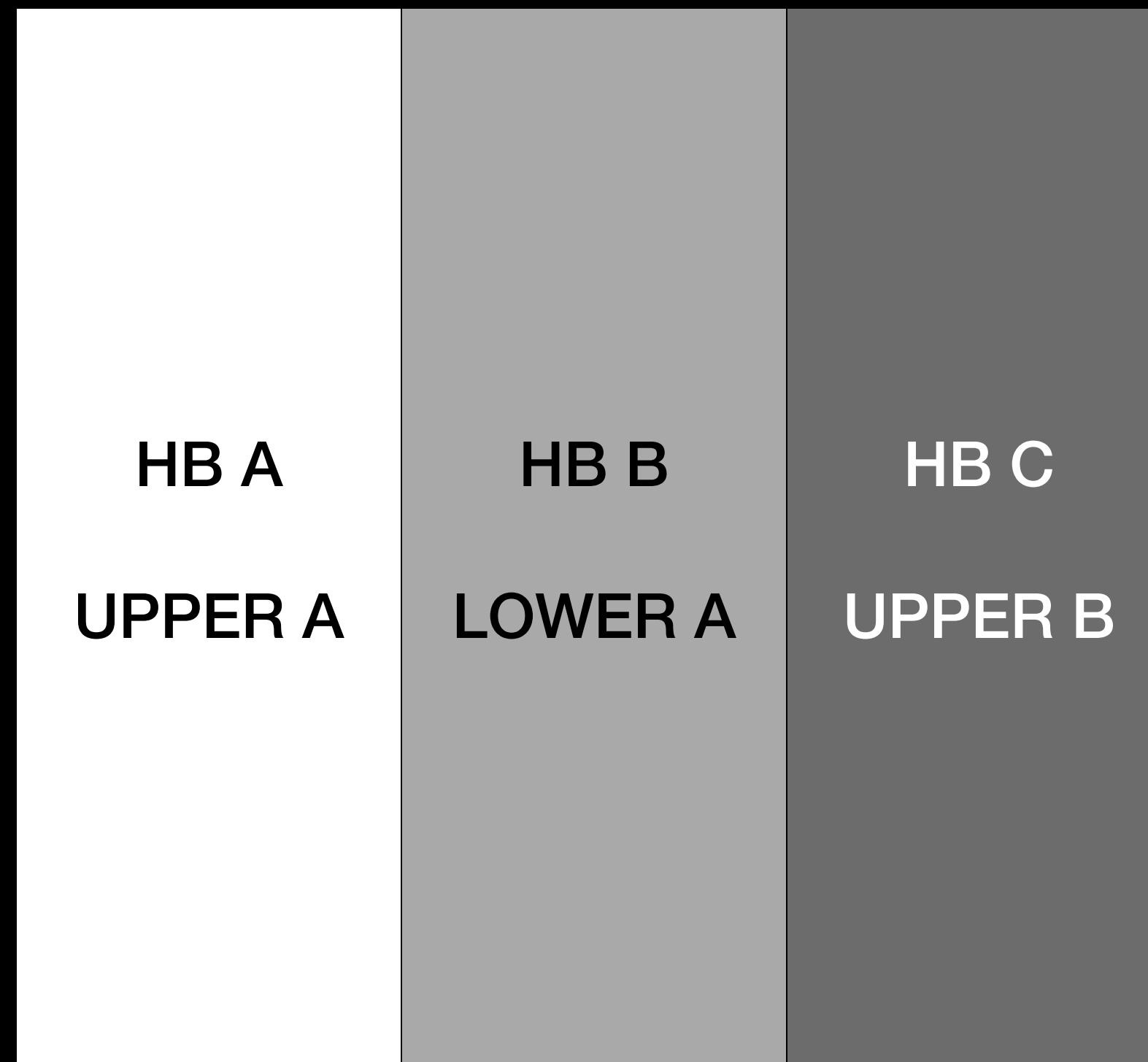
Week 2



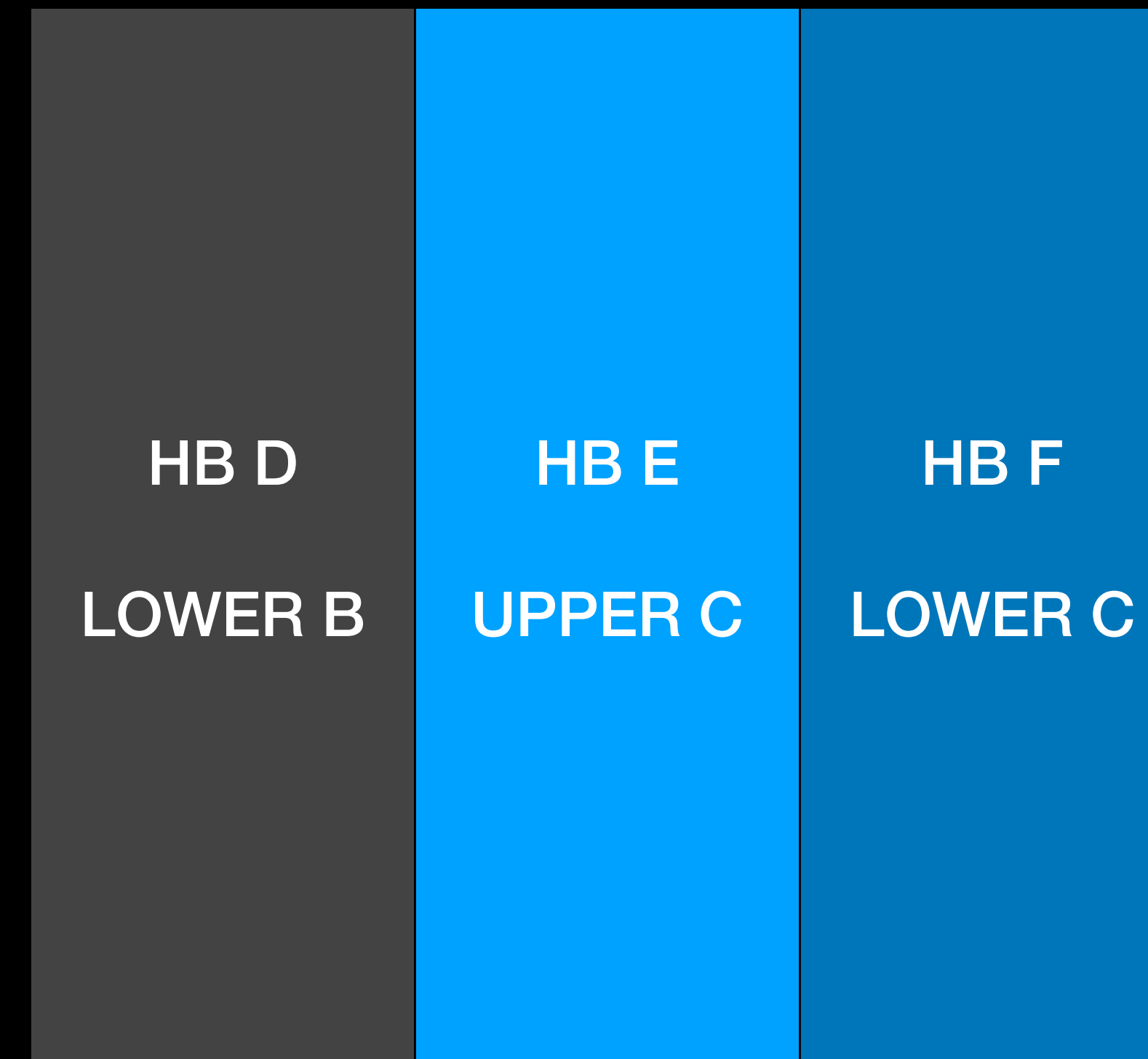
You can have more variations to increase exercise number, or exercise/body part order. You can also keep certain lifts the same and only change others so you can have variation in movement frequency based on goal.

Very High Variation

Week 1



Week 2

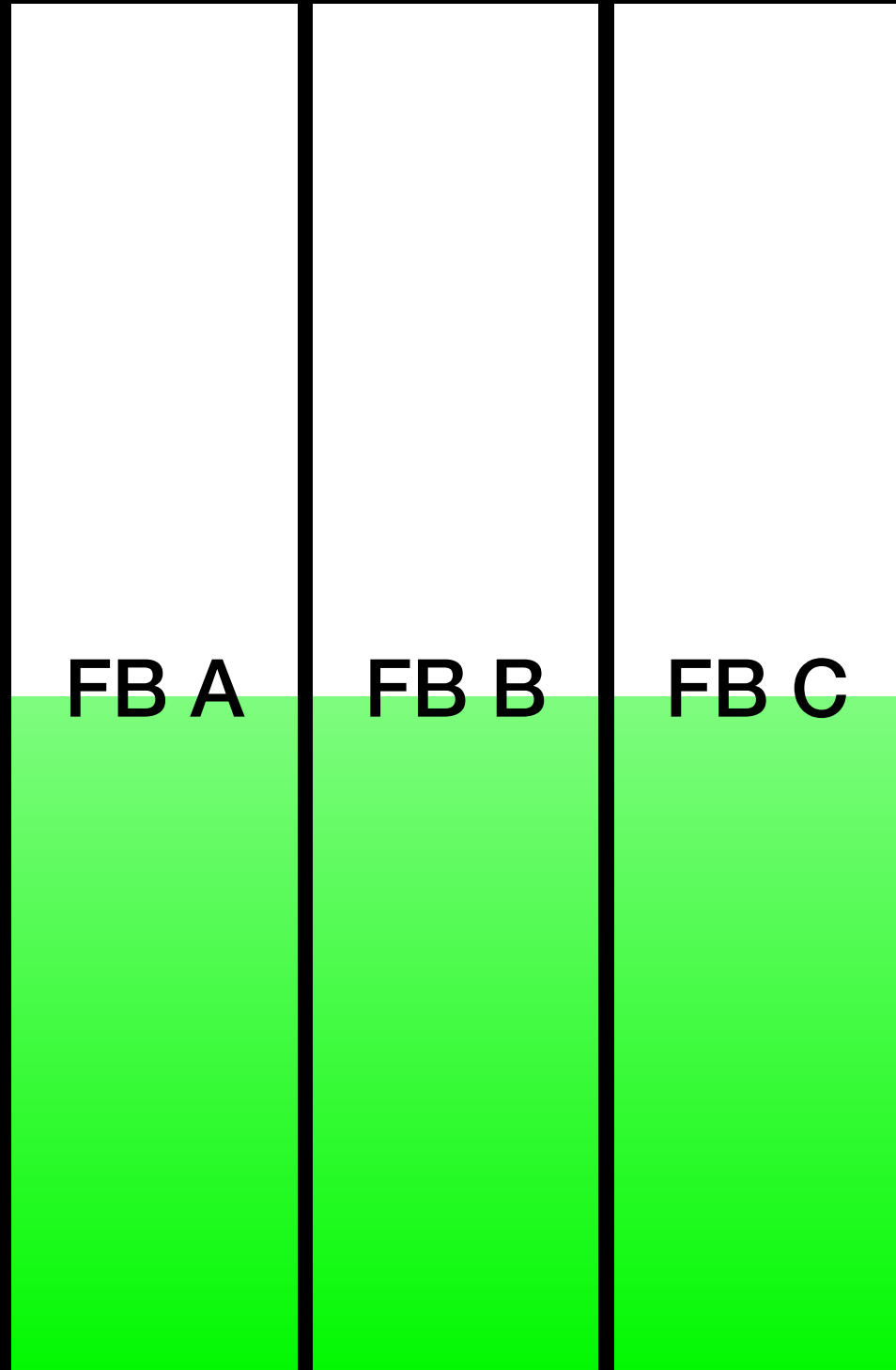


You can have more variations to increase exercise number, or exercise/ bodypart order. You can also keep certain lifts the same and only change others so you can have variation in movement frequency based on goal.

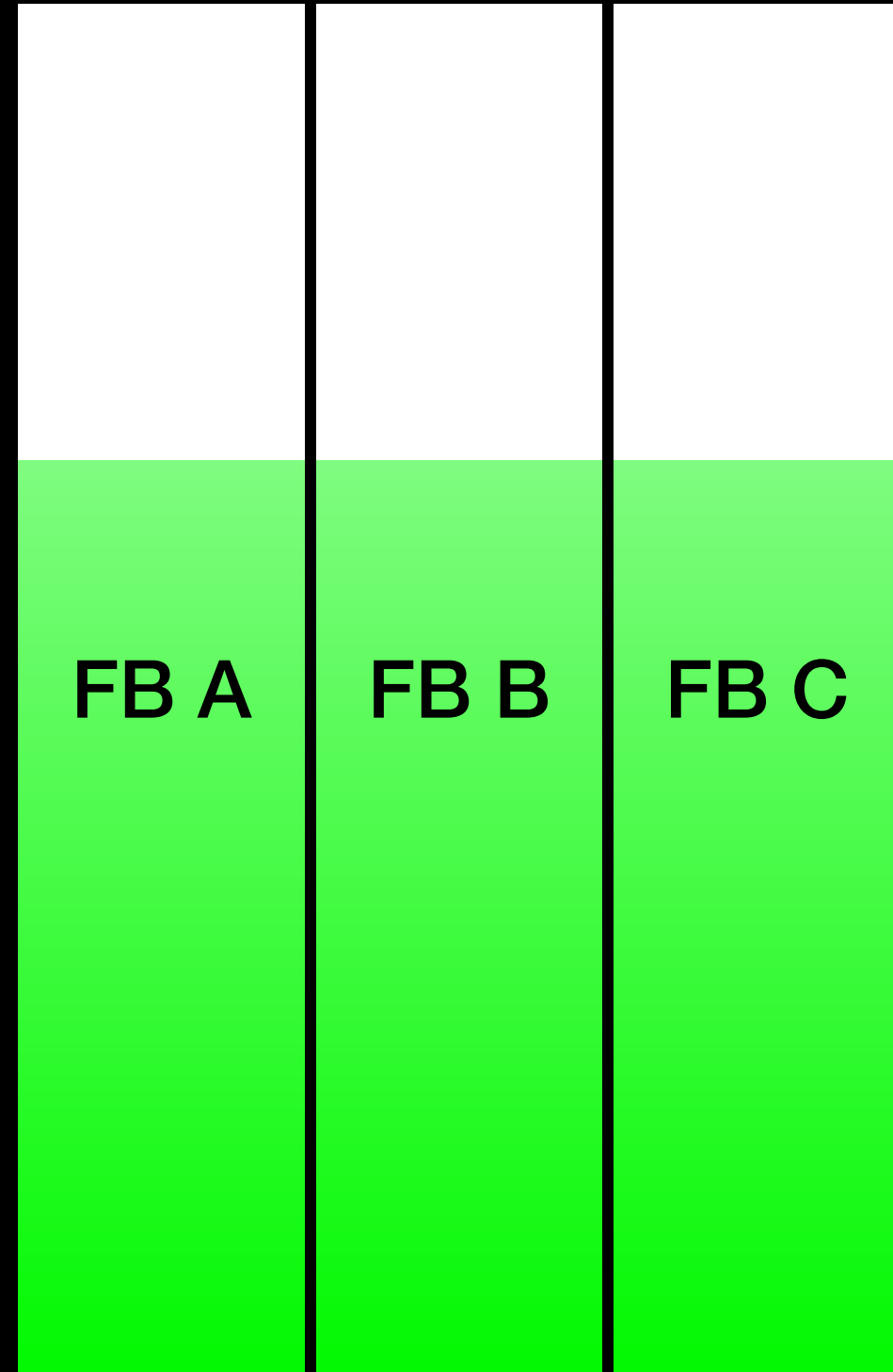
Asymmetrical & Priority Variations that we covered in the 2x per week also apply here, but just in a 3 workout format

- ▶ You can have more volume on priority body parts
- ▶ You can use extended sets on priority body parts
- ▶ You can rotate which body parts get more volume or extended sets.

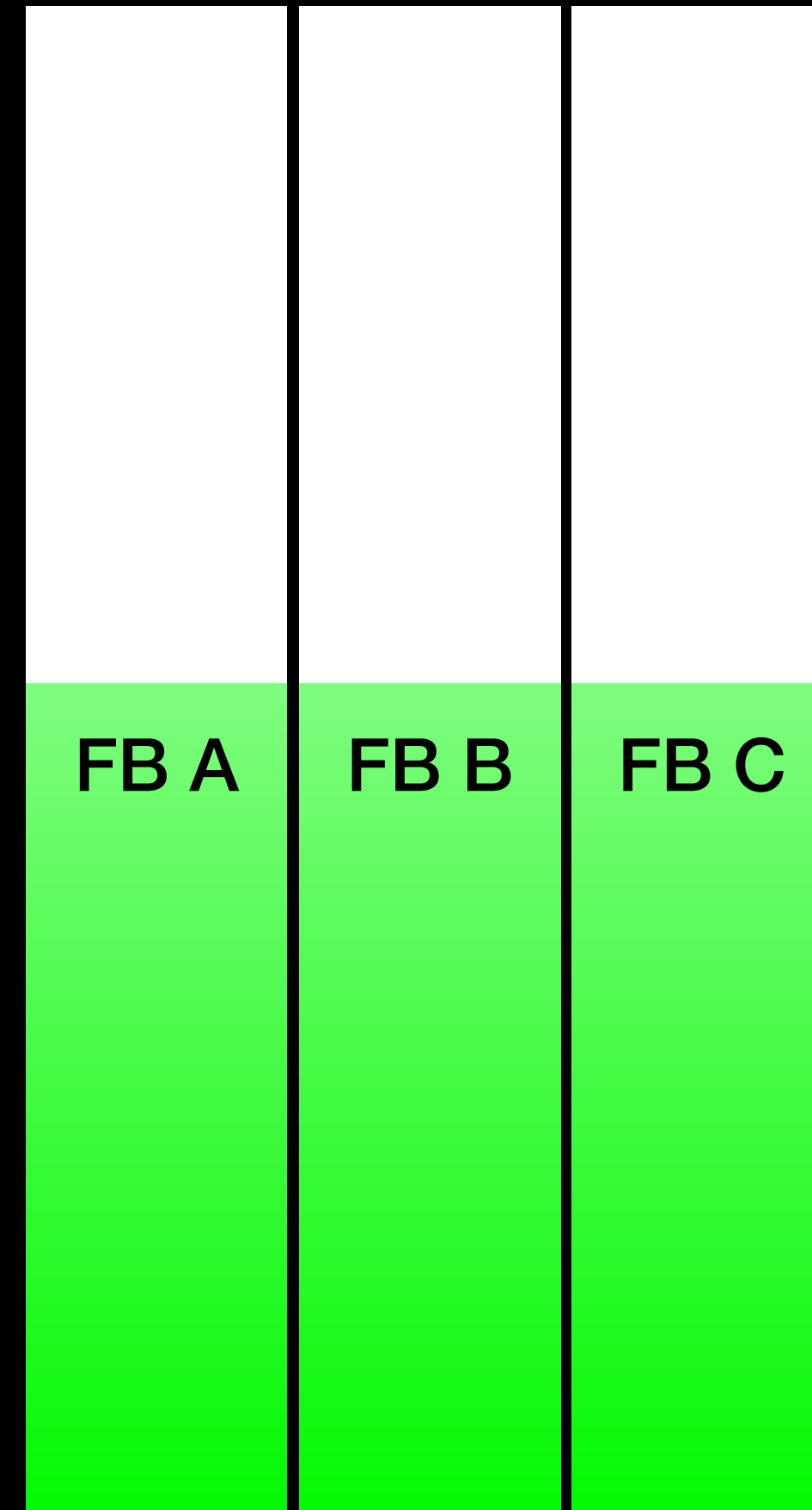
FB/TB 3x



2 sets per body part

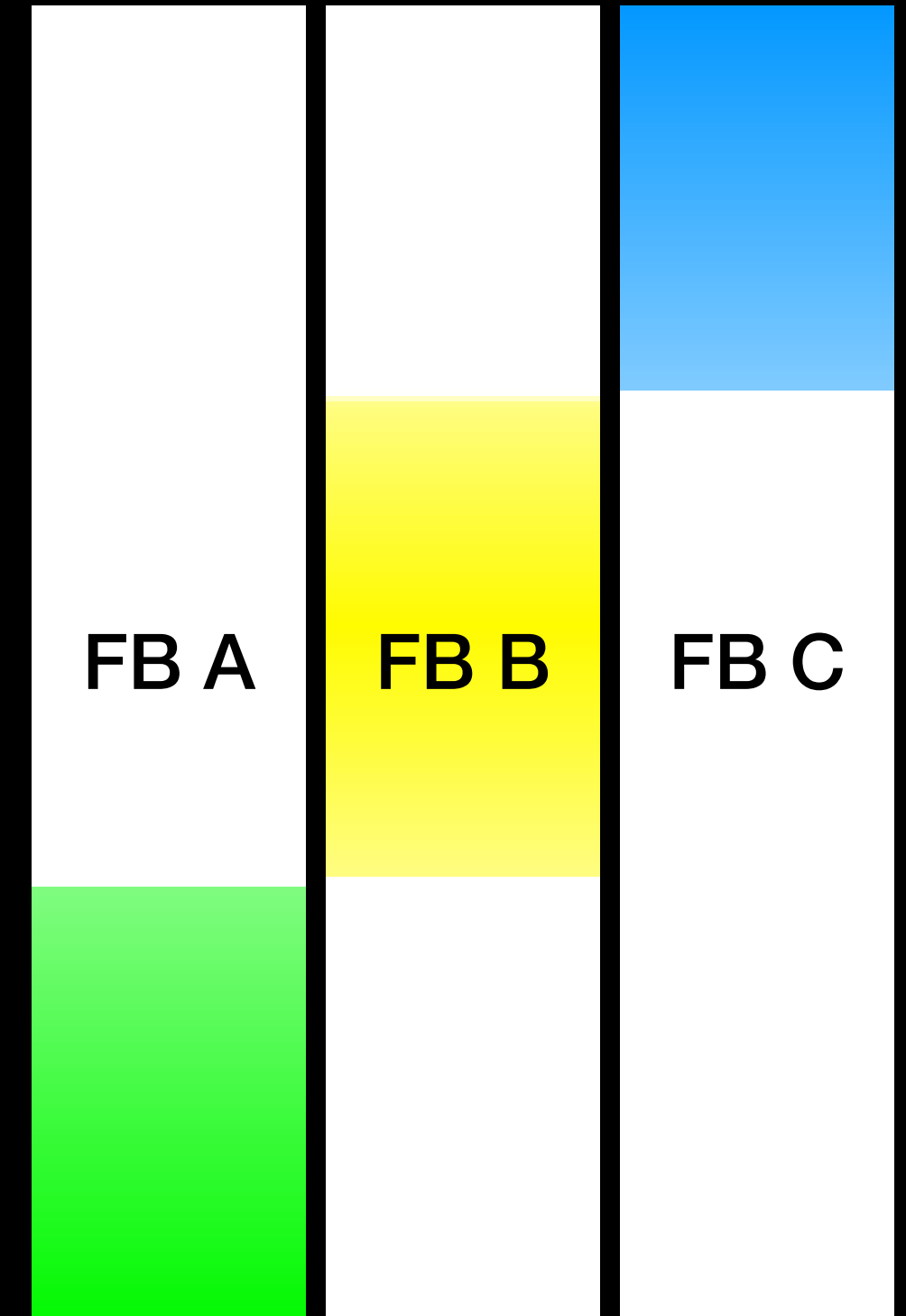


3x per Priority
1x per Other



2 sets per body part

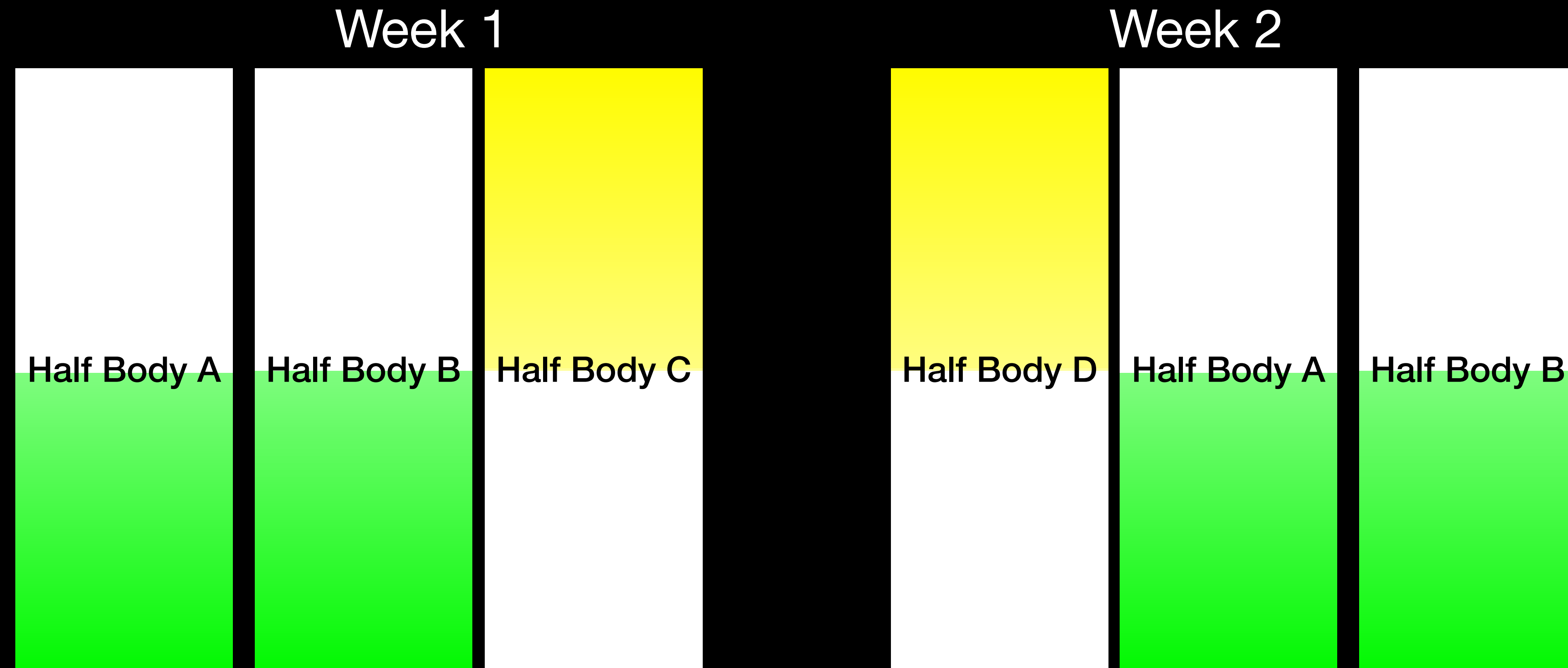
Extended sets used
for priority body
parts.



Rotating Priority

*Colored volume = Priority

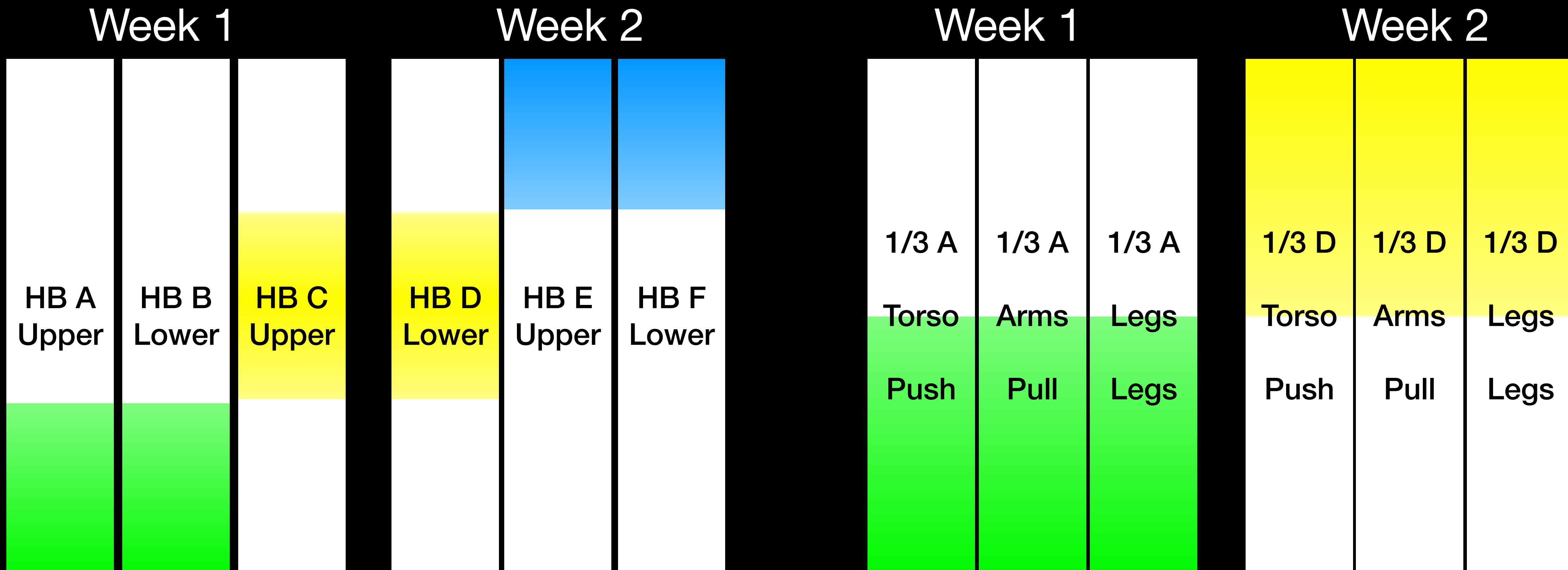
Asymmetrical Volume



You can rotate the priorities the same way we did on the 2 day slits.

*Colored volume = Priority

Asymmetrical Volume/ Priority



You can rotate the priorities the same way we did on the 2 day slits.

*Colored volume = Priority

Asymmetrical Split Examples



2/3 Body			2:1 Specialization		
Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
Upper Push	Upper Pull	Upper	Arms	Chest Lat	Delts
Lower	Lower		Lower		Lower
Upper	Upper	Lower	Chest Delts	Lats Delts	Arms
Lower Push	Lower Pull		Glutes	Quads & Hams	Glutes
Torso	Arms Delts	Upper	Chest Arms	Delts	Lats Arms
Lower	Lower			Lower	
Chest Delts	Lats Delts	Arms chest lats	Upper	Lower	Upper
Quads & Ham	Quads & Glutes	Hams andGlutes	Lower	Upper	Lower

Asymmetrical Split Examples



3:1 Specialization

Day 1	Day 2	Day 3
Chest Tris	Lats Bis	Delts
Lower	Lower	Lower
Chest Tris	Lats Bis	Delts
Quads & Glutes	Glutes	Hams andGlutes
Upper	Upper	Upper
Quads	Hams	Glutes
Chest Arms	Lats Arms	Delts Arms
Quads	Glutes	Hams
FB	Lower	Lower

3:2 Specialization

Day 1	Day 2	Day 3
Upper	Upper	Upper
Lower	Lower	
Chest Delts	Lats Delts	Arms
Hams & Glutes	Quads & Glutes	Glutes
Chest Delts	Delts	Lats Delts
Quads & Hams	Glutes & Hams	Quads & Glutes
FB	FB	Lower
FB	FB	Upper

4x per week splits - Less Options but more Variation



- ▶ Because you will have consecutive training days during the week, this actually reduces some of the split options, however because you have more training sessions, you can vary the sessions more in terms of exercises, volume, body part distribution, and prioritization.
- ▶ Specialization beyond above 2x per week will be done more with volume than frequency in most cases. There are some split configurations where you could train a body part 3x per week still.
- ▶ That being said, remember the benefit of going from 2-3x per week frequency is small at best, potentially null, and while for some body parts that have diverging function it is “possible” to train them 4x per week, the potential benefit would be even less, with the potential to be worse if the volume and exercise selection are not very well chosen.
- ▶ Therefore, the biggest difference between 3-4x per week is likely going to be increased training time volume, and the benefits that come from that both from an exercise variation, room to prioritize and total stimulus perspective.
 - ▶ FB 3x per week 60 minutes = 180 minutes/wk, ULx2 60 minutes = 240 minutes/wk

4x/week split examples

Balanced splits	Day 1	Day 2	Day 3	Day 4
Half Body	Upper	Lower	Upper	Lower
Push Pull Legs Repeat	Push	Pull	Legs	REPEAT
Push Pull Legs Remedial	Push	Pull	Legs	Remedial
Push Pull Legs FB	Push	Pull	Legs	FB
1/4 Body Push Pull	Upper Push	Lower Push	Upper Pull	Lower Pull
	Push/Upper	Lower sagital	Pull/Upper	Lower Coronal
TLA - Repeat	Arms/Delts	Lower	Chest & Lats	REPEAT
TLAR	Arms/Delts	Lower	Chest & Lats	Remedial
TLA-FB	Arms/Delts	Lower	Chest & Lats	FB
	Chest & Lats	Lower Push	Arms Delts	Lower Pull
	Chest & Triceps, 1/2 delts	Lower Push	Back and Bis 1/2 delts	Lower Pull
	Chest & Biceps, 1/2 delts	Lower Push	Back and Triceps, 1/2 delts	Lower Pull
Unbalanced Splits	Day 1	Day 2	Day 3	Day 4
Upper/Arm/Delt	Upper Push	Upper Pull	Legs	Arms/Delts
Lower	Push	Legs	Pull	Legs
Lower	Arms/Delts	Lower Push	Chest & Lats	Lower Pull
Arms	Chest & Arms	Lower	Lats & Arms	Lower
Chest & Back	Push	Lower	Chest & Arms	Lats & Arms
FB-LUL	FB	Lower	Upper	Lower
U,LPush,U,LPULL	Upper	Lower Push	Upper	Lower Pull

4x/week split specialization examples

	1	2	3	4
1 Priority single Function	P1		P1	
1 Priority single Function*	P1			P1
1 Priority Day Multi Function	PF1	PF2	PF1	PF2
2 Priority Days Multi Function	PF1		PF2	
3 Priority Days Multi Function	PF1			PF2
3 Priority Days Multi Function	PF1&2		PF1	PF2
2 priorities single function	P1	P2	P1	P2
2 priorities single function	P1 & P2		P1 & P2	
2 priorities single function	P1 & P2		P1	P2
2 Priorities 1 single 1 multi	P1F1 + P2	P1F2	P1F1 + P2	P1F2
2 priorities both multi	P1F1 + P2F1	P1F2 + P2F2	P1F1 + P2F1	P1F2 + P2F2
	P1F1 + P2F1		P1F2 + P2F2	
	P1F1 + P2F1			P1F2 + P2F2

4x/week split Glute specialization examples

Glutes 1F	Quads & glutes	Upper	Hams & Glutes	Upper	2x
Glutes 1F	Quads & glutes	Upper Push	Upper Pull	Hams & Glutes	2x
Glutes 1F	Quads & glutes	Hams & Upper Push	Quads & Upper Pull	Hams & Glutes	2x
Glutes 1F	Glute biased Lower	Upper Push	Upper Pull	Glute biased Lower	2x
Glutes 2f	Glutes	Upper	Coronal glutes	Saggital Glutes	3x
Glutes 2f	Saggital Glutes	Coronal glutes	Saggital Glutes	Coronal glutes	4x

3x per week specialization in a 4x per week examples



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upper	Lower		FB		FB
	Upper	Lower		Upper		Upper
	Chest & Lats	Lower		Chest & Delts		Chest & Arms
	Unilateral Glutes	Upper		Quads & Glutes		Hams & Glutes
	Glutes & Delts	Chest & Quads		Gluts & Hams		Glutes & Arms
	Lower	Upper		Glutes & Delts		Glutes & Delts

5x per week splits - Less Options but more Variation

- ▶ At 4x per week, you must have at least 1 instance of consecutive training sessions. In a 5x per week you will have at least 3 instances of consecutive sessions, and in many places 5 consecutive sessions.
- ▶ You can no longer build a program with FB options unless you want to have 4 days in a row because there is no place for a stand alone day. HB/UL days are also have more limited application. It will have to be a more differentiated split of body parts.
- ▶ 3x per week is still the most reasonable maximum frequency. A 4x per week frequency would be the same as the examples in the 4x split section with a non overlapping day in the middle.

Consecutive day limitations

- ▶ Once you get to 3 consecutive training days, the cumulative fatigue becomes a much bigger factor.
 - ▶ If only 2 consecutive days, we are more concerned about not overlapping the direct body parts worked. Order of the days is less of a factor, but having the most demanding day followed by the rest day is a good practice in most cases.
 - ▶ When we get to 3+ consecutive training sessions, we have to be concerned about the total volume over time. The order of the days also becomes a larger factor.
 - ▶ Considering where you order large and small body parts can be a way of managing performance and fatigue across the 3 sessions. For example:
 - ▶ Placing smaller less fatiguing body parts/exercises in the middle.
 - ▶ Placing larger more fatiguing body parts/exercises at the end still.

Non “complete bro” 5 day split examples

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	U.Push	U.Pull	Legs		Upper	Lower
	Torso	Legs	Arms	Upper	Lower	
	Torso	Legs	Arms		Upper	Upper
	Upper	Lower	Upper	Lower	Upper	
	Lower	Upper	Lower		Upper	Lower
	Upper	Lower	Upper	Lower		FB
	U.Push	Legs	U.Pull	Legs		FB
	Glutes	Upper	Quads & Hams	Upper	Lower	
	Lats & Delts	Lower	Chest & Arms	Lower	Upper	

3x per week specialization in a 5x per week examples



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upper	Lower	Upper	Lower		FB
	Upper	Lower	Upper	Lower	Upper	
	Lower	Upper	Lower		Upper	Lower
	Glutes & Quads	Arms & Delts	Glutes & Hams		Chest & lats	Lower
	Chest & Tris	Back & Bis	Lower	Arms		Upper

5x/week split specialization examples

	1	2	3	4	5
1 Priority 2x	P1		P1		
1 Priority 3x	P1		P1		P1
2 priorities 2x	P1	P2		P1	P2
2 priorities 2x	P1/P2		P1/P2		
2 priorities 2/3x	P1	P2	P1	P1	P2
2 priorities 3x	P1/P2		P1/P2		P1/P2
Multi Function*	P1F1	P1F2		P1F1	P1F2
Multi Function asymmetrical or rotation	P1F1		P1F2		P1F1
Multi Function assymtrical volume	HV P1, LV P2		HV P2, LV P1		HV P1, LV P2

*Likely not ideal given you should have room for volume of both functions on on multiple days.

6x per week splits - Less Options but more Variation

- ▶ Now you have 6 consecutive days, so there is absolutely no options for FB, and HB/UL cycling is going to have to be low volume with exercise selection that really minimizes systemic fatigue.
- ▶ More than likely you are doing some sort of specialization of you are training this frequency, or it's for someone that has limited time per session (trains during lunch break etc).

2x per week specialization in a 6x per week examples



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upper	Lower	Upper	Lower	Upper	Lower
	A	B	C	A	B	C
	A	B	C	A	D	E
	A	B	C	D	A	B
	A	B	C	A	B	D

Letters designate a body part grouping

3x per week specialization in a 6x per week examples



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upper	Lower	Upper	Lower	Upper	Lower
	A	B	A	B	A	B
	A	B	A	C	A	D
	A	B	A	C	A	B
	A	B	C	A	B	A

Letters designate a body part grouping

Rotating Stimulus in high Frequency Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A -High Intensity	C -High Intensity	E - High Intensity	B -High Intensity	D -High Intensity	F - High Intensity
	B - IRM	D - IRM	F - IRM	A-IRM	C - IRM	E - IRM
	A -High Intensity	C	B -High Intensity	D	A -High Intensity	E
	B - IRM		A-IRM		B - IRM	

Letters designate a body part grouping

Overlooked Frequency/Split Considerations

- ▶ Indirect but still overlapping fatigue
 - ▶ Lower Body Pulls & Upper body Pulling
 - ▶ Lower push and Lower pull hip and spinal extensors
 - ▶ Grip, elbow flexors/extensors
- ▶ Outside of session time and logistics
 - ▶ Travel and preparation time to and from gym
 - ▶ Child care
 - ▶ Time away from other contributors to the goal.
 - ▶ Meal prep
 - ▶ Cardio
 - ▶ Etc