



Systemic

Density - Mass:Time

- ▶ Type of density
 - ▶ Local
 - ▶ Local stimulus: Rest between repeating
 - ▶ Systemic
 - ▶ Total stimulus: time

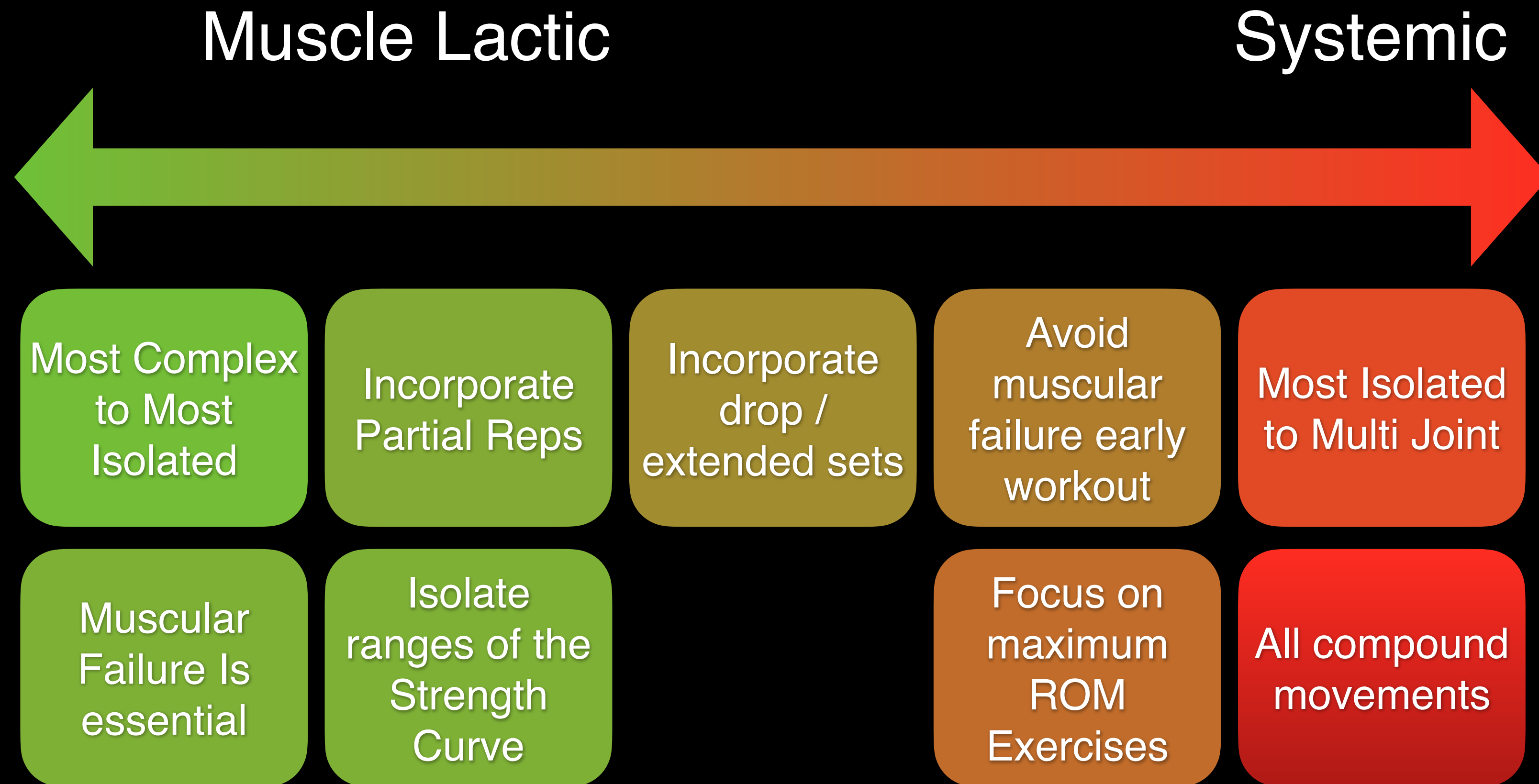
Nuances of Systemic Density

- ▶ The more muscle mass, the greater the systemic demand.
- ▶ The more work done, the greater the systemic stimulus
 - ▶ Work is correlated best with volume load in this context.

Systemic Density Math*

- ▶ (Amount of muscle used * average work) / Time
- ▶ Not really practical to try and quantify numerically
- ▶ Not terribly difficult to look at principally
- ▶ Practically, Heart Rate and Respiration are good proxies

Exercise Selection For Metabolic Goals



Superset Selection For Metabolic Goals

Muscle Lactic

Systemic



Giant Set
Same Body
Part

Super Set
Same Body
Part

Super Set Big
Ag/Antagonist

Quad Set
Same Body
Part

Straight Sets

Super Set Big
Upper Lower

Tri Set Same
Body Part

Super Set Big
Small

Push Pull
Upper Lower
Quad set "Big
4"



Full Body Systemic



Overview of Full Body Systemic Programming

Program Logic

- Allows for VERY High Frequency (3x/week)
- High volume of tissue trained per session
 - (big metabolic impact / global nutrient partitioning)
- Low volume per muscle trained per session
 - Fast recovery, low local stress/inflammation

Program Logic

- High Systemic Demand
- Often biased towards large compound movements
 - (systemic metabolic impact)
- Can be done on lower carbs with carb cycling
- Can improve aerobic “cardio” conditioning

Contraindications

- Signs of liver stress already present
- Poor liver / gut health
- Focusing on detoxification
- Client requires higher volume per muscle

Contraindications

- Aerobic / Cardiovascular limitations*
- Have to be precise in tracking training variables (rest)
- Geographical obstacles (busy /crowded gym environment)

Volume & Frequency

- 3-5 sets per body part
- 12-35 sets per workout
- 2-3x per week for large muscle groups
- 2-3 total sessions per week

Program Assessment

- Able to progress in density
- Improved aerobic conditioning
- Body composition change
- Able to maintain performance at high frequency
- Limited local soreness



Program Assessment

- Retaining water/bloat/inflammation
- Premature drop-off in performance in the workout
- Unable to maintain performance with training frequency
- Trouble staying asleep
- Symptoms related to blood sugar regulation and hypercortisolemia
- Gut issues and digestive issue



Archetypes

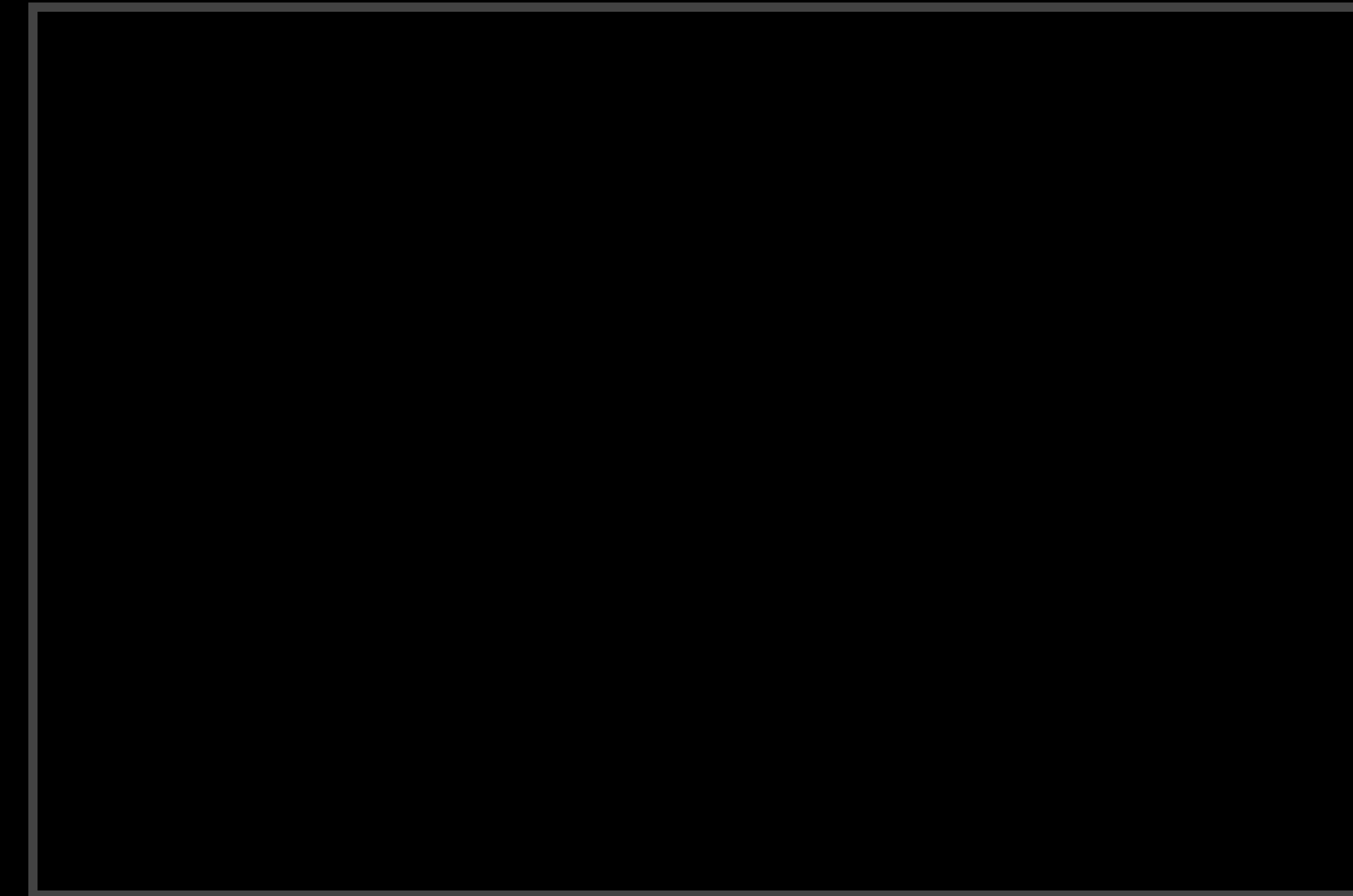
- Compound Only
- Compound Dominant
- High Variation
- Big-Small Supersets
- Big-Small Giant Sets
- Front Loading Volume
- Back Loading Volume
- Timed Sets
- Full Body PLPL Giant Sets



Compound Only

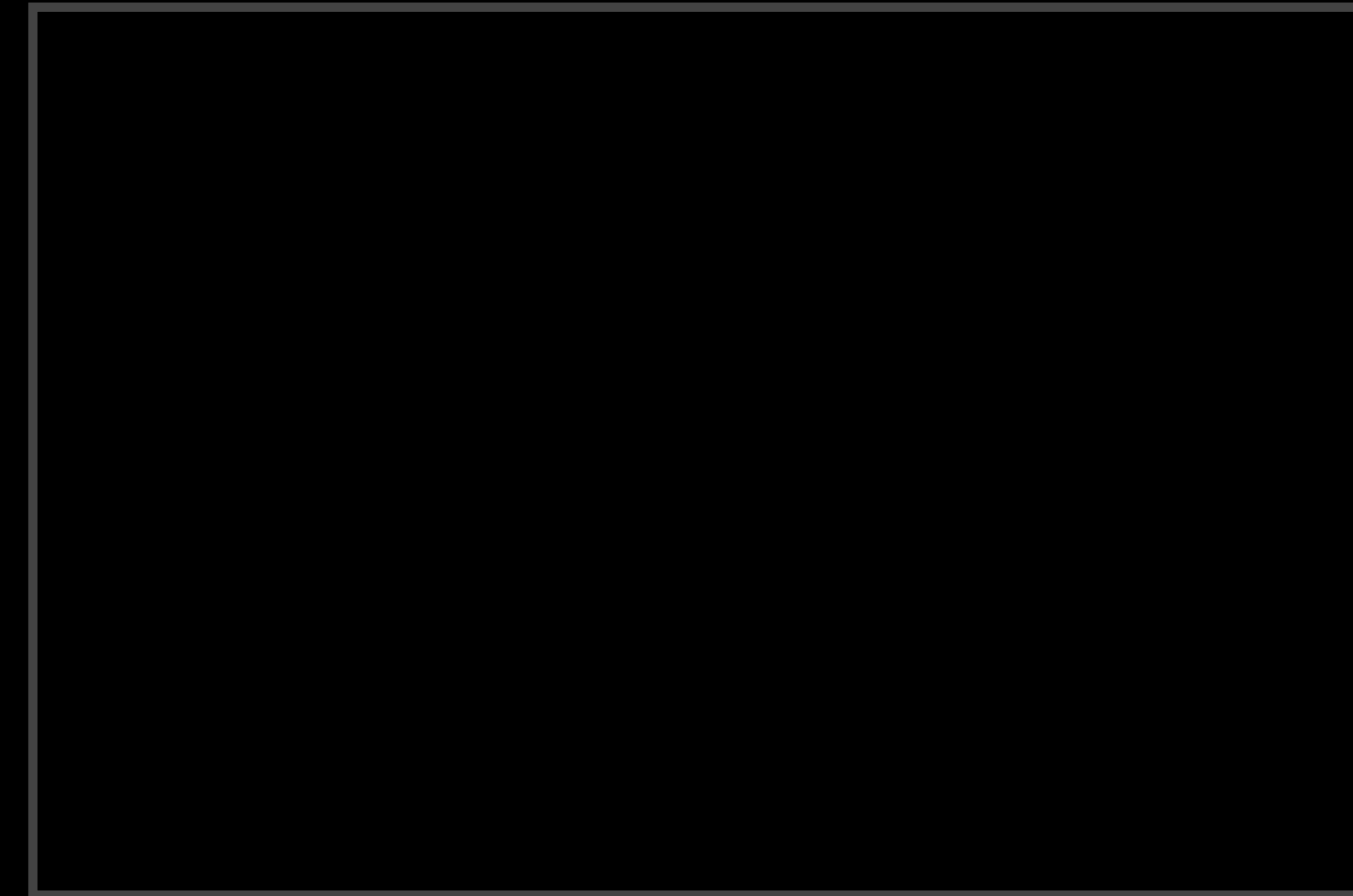
THEORY & LOGIC

- Focuses exclusively on compound movements
 - Highest density of tissue over time
 - Highest systemic response per volume of work
- Fewer exercises to learn for new clients
 - Fewer opportunities to screw up



THEORY & LOGIC

- Less opportunity to specialize priority or “weak” muscle groups
- Challenging to vary ROM and resistance profiles
 - Due to exercise selection and equipment availability
- Requires proficiency in core and pelvic stability
- Requires certain level of aerobic conditioning





- A - A - A
- A - B (alternating)
- A - B - C (rotation)

Splits

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B1	Lower Body Pushing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Application & Stimulus

- Lower reps, longer rest for more advanced (neurologically efficient)
 - Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals
 - High rep, longer rest for out of shape (aerobic) beginners, or very large individuals

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Bench Press	6-8	5	3010	75-120	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Hack Squat	6-8	5	4010	75-120	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Neutral Grip Lat Pulldown	6-8	5	3010	75-120	60-70%
	Lat or Upper back dominant compound movement.					
B2	Deadlift	6-8	5	3010	75-120	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Bench Press	8-12	4	3010	60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Hack Squat	8-12	4	4010	60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Neutral Grip Lat Pulldown	8-12	4	3010	60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Deadlift	8-12	4	3010	60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Full Body Systemic - Compound Only						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Bench Press	12-15	3	3010	30-45	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Hack Squat	12-15	3	4010	30-45	60-70%
	Quadriцеп dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Neutral Grip Lat Pulldown	12-15	3	3010	30-45	60-70%
	Lat or Upper back dominant compound movement.					
B2	Deadlift	12-15	3	3010	30-45	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Progressions & regressions

- # of Sets, 3-5
- # Sets to Failure (RPE) 0-2 per exercise
- Rest Intervals, 0-90s
- Rep Ranges, 6-15

Advanced protocols

- Finishers (2 minute sets, drop sets, sled push, spin bike)
- Low volume + steady state aerobic work
- Back-off sets
- Integrated HIIT (sled/bike)



Compound Dominant



- Exercises biased to compound movements
- High density of tissue over time
- High systemic response per volume of work
- Able to get in a greater volume of total tissue trained per session
- Trade off is slightly less volume over time
- Fewer exercises to learn for new clients
- Fewer opportunities to screw up

Theory & logic



- A - A - A
- A - B (alternating)
- A - B - C (rotation)

Splits

Application & Stimulus

- Lower reps, longer rest for more advanced (neurologically efficient)
 - Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement (can be pull depending on A1/B1 exercises)	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement (can be push depending on A1/B1 exercises)	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
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	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
A3	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
B3	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					



- # of Sets
- # Sets to greater degree of Failure
- Rest Intervals
- Rep Ranges
- Volume of Compound vs Isolation / Accessory Exercises

Progressions & regressions



- Finishers (2 minute sets, sled push, spin bike)
- Low volume + steady state aerobic work
- Back-off sets
- Use alternate stimuli for isolation/accessory exercises

Advanced protocols



High variation



- Maximum amount of tissue and # of muscles per session

Theory & logic

- Allows for greater exercise variation
- High systemic demand and lowest volume per muscle



- Volume of compound exercises becomes limited by session time and total volume

- High number of exercises

Theory & logic

- Execution must be adequate

- Geographical limitations (busy gym, equipment availability)



- A - A - A
- A - B (alternating)

Splits



- Lower reps, longer rest for more advanced (neurologically efficient)

Application & Stimulus

- Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
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A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
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	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
D2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					

Full Body Systemic - Compound Dominant						
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A2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
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C1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
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	Lat or Upper back dominant compound movement.					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					



- # of Sets
- # Sets to Failure (RPE)
- Rest Intervals
- Rep Ranges
- Volume of Compound vs Isolation / Accessory Exercises

Progressions & regressions

Advanced protocols

- Back-off sets
- Use alternate stimuli for isolation/accessory exercises
- Use isolation/accessory exercise giant set

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
A3	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A4	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
C2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
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A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
C3	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C4	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					



Big-Small Supersets

Theory & logic

- Use small muscle groups between larger muscle groups to increase density while maintaining intensity
- High systemic demand and relatively low volume per muscle

Theory & logic

- Requires higher number of exercises
- Execution must be adequate
- Geographical limitations (busy gym, equipment availability)

Splits

- A
- A - B (alternating)

Application & Stimulus

- Lower reps, longer rest for more advanced (neurologically efficient)
 - Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals
- Adjusting rest ratios between exercises

Full Body Systemic - Big Small Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A3	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
A4	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B3	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
B4	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					

Full Body Systemic - Big Small Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
B1	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
C1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
D1	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
D2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%

Full Body Systemic - Big Small Superset

	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
A3	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A4	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
B3	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B4	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%

Full Body Systemic - Big Small Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
A3	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A4	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B3	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B4	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Shoulder dominant compound movement. Take note of the trunk and back/spinal stabilizers involved.					



- # of Sets
- # Sets to Failure (RPE)
- Rest Intervals
- Rep Ranges
- Volume of Compound vs Isolation / Accessory Exercises

Progressions & regressions



Advanced protocols

- Same body part superset for small muscle groups



Big-Big Supersets

Front load

Theory & logic

- Complete most mentally demanding exercises first which may be beneficial for beginners
- High amount of tissue and # of muscles per session
- Allows for greater exercise variation
- High systemic demand and lowest volume per muscle

Theory & logic

- Systemic demand of large exercises may decrease performance on smaller exercises
- Requires higher number of exercises
- Execution must be adequate
- Geographical limitations (busy gym, equipment availability)



- A
- A - B (alternating)

Splits

Application & Stimulus

- Lower reps, longer rest for more advanced (neurologically efficient)
 - Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals
- Adjusting rest ratios between exercises

Full Body Systemic - Big, Big - Front Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
D2	Small MuscleGroup / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%



- # of Sets
- # Sets to Failure (RPE)
- Rest Intervals
- Rep Ranges
- Volume of Compound vs Isolation / Accessory Exercises

Progressions & regressions



Big-Big Supersets

Back load

Theory & logic

- Higher overall output in the session
 - Increased performance in smaller exercises
 - Ability to push to absolute failure with large exercises at the end
- High amount of tissue and # of muscles per session
- Allows for greater exercise variation
- High systemic demand and lowest volume per muscle

Theory & logic

- Requires higher number of exercises
- Execution must be adequate
- Geographical limitations (busy gym, equipment availability)

Splits

- A
- A - B (alternating)

Application & Stimulus

- Lower reps, longer rest for more advanced (neurologically efficient)
 - Low rep and low rest for freaks of nature (strength endurance)
- Higher reps, shorter rest for less neurologically efficient individuals
- Adjusting rest ratios between exercises

Full Body Systemic - Big, Big - Back Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
C1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
C2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadriцеп dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
D1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					



Overview Full Body Systemic Giant Sets Programming

Program Logic

- Allows for High Frequency (3x/week)
- High volume of tissue trained per session
 - (big metabolic impact)
- Low volume per muscle trained per session
 - Fast recovery, low local stress/inflammation

Program Logic

- Highest Systemic Demand
- Often biased towards large compound movements
 - (big metabolic impact)
- Can be done on lower carbs/carb cycling

Stats

- Volume
 - 3-6 sets per body part
 - 12- 36 sets per workout
- Frequency
 - 3 - total sessions per week

System Variations

- Front Load
- Back Load
- Big Small Super Giant Set



Overview of Half Body Systemic Programming

Program Logic

- Allows for High Frequency (2x/week)
- Moderately High volume of tissue trained per session
 - (big metabolic impact)
- Moderate volume per muscle trained per session
 - Fast recovery, not significant local stress/inflammation

Program Logic

- High Systemic Demand
- Often biased towards large compound movements
 - (systemic metabolic impact)
- Can be done on lower carbs/carb cycling
- Can improve aerobic “cardio” conditioning

Stats

- Volume
 - 5-8 sets per body part
 - 22 - 40 sets per workout
- Frequency
 - 1.5-2 x per week for large muscle groups
 - 3-4 total sessions per week



- A - B (alternating)
- A - B - C - D (rotation)

Splits



Splits

- Option 1
 - A: Quads, Glutes, Chest, Delts, Biceps
 - B: Hams, Lats, Upper Back, Calves, Triceps
- Option 2
 - A: Chest, Lats, Upper Back, Delts, Biceps, Triceps
 - B: Quads, Glutes, Hams, Calves

Archetypes

- Compound Only
- Compound Dominant
- High Variation
- Big-Small Supersets
- Front Loading Volume
- Back Loading Volume
- Timed Sets



Compound Only

Theory & logic

- Focuses exclusively on compound movements
 - Highest density of tissue over time
 - Highest systemic response per volume of work
- Fewer exercises to learn for new clients
 - Fewer opportunities to screw up



Compound Dominant



- Exercises biased to compound movements
- High density of tissue over time
- High systemic response per volume of work
- Able to get in a greater volume of total tissue trained per session
- Trade off is slightly less volume over time
- Fewer exercises to learn for new clients
- Fewer opportunities to screw up

Theory & logic

Half Body Systemic - 1x Compound Dominant Front Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	6-8	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	6-8	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%

Half Body Systemic - Compound Dominant Back Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
C2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need					

Half Body Systemic - 2x Compound Dominant Front Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	2-4	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					



Big Small-Supersets

Half Body Systemic - Big Small Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
C2	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					



Big-Big Supersets

Front load

Half Body Systemic - Big, Big Front Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
D2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					



Big-Big Supersets

Back load

Half Body Systemic - Big, Big Back Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
C1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
C2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadri-cep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
D1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					



Third Body Systemic



Overview of third Body Programming

Program Logic

- Allows for Moderate Frequency (up to 2x/week)
- Adequate Volume for Local Stimulus
- Allows for more body part specialization

Program Logic

- Moderate Systemic Demand possible
- Allows for more exercisers per body part
- Can be done on lower carbs/carb cycling

Stats

- Volume
 - 6-12 sets per body part
 - 30 - 40 sets per workout
- Frequency
 - 1- 1.5 x per week for large muscle groups
 - Up to 5 total sessions per week



- A - B - C (rotation)
- A - B - C - D - E - F (rotation)

Splits



- Option 1

- A: Quads, Glutes, Delts
- B: Chest, Lats, Upper Back, Biceps
- C: Hams, Calves, Triceps

- Option 2

- A: Quads, Hams, Calves
- B: Lats, Upper Back, Biceps
- C: Chest, Delts, Triceps

- Option 3

- A: Chest, Lats, Upper Back, Delts
- B: Quads, Glutes, Triceps

- C: Hams, Calves, Biceps

- Option 4

- A: Quads, Chest
- B: Hams, Lats, Upper Back
- C: Biceps, Triceps, Delts, Calves

Splits

Archetypes

- Compound Only
- Compound Dominant
- High Variation
- Big-Small Supersets
- Front Loading Volume
- Back Loading Volume
- Timed Sets

Third Body Systemic - Big Small Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
C2	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Take note of the trunk and back/spinal stabilizers involved.					



Big-Big Supersets

Front load

Third Body Systemic - Big, Big Front Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
A2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
B1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
B2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					
C1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
C2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
D1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%



Big-Big Supersets

Back load

Third Body Systemic - Big, Big Back Load						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Elbow Flexion/Extension, lateral raises, rhomboids, traps, calves.					
A2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Can also be used to add volume to a priority group (ie. glute bridge)					
B1	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
B2	Small Muscle Group / Accessory/Remedial Movement	10-12	3-5	3010+	≤40	60-70%
	Notes					
C1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Pec or shoulder Pressing movement. Typically in the same or similar plane as the Upper Body Pulling movement					
C2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
	Quadricep dominant compound lower body movement. Squat (if structure allows it), heel elevated squat, or hack squat. Take note of the glute, trunk, and back/spinal stabilizers involved.					
D1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Lat or Upper back dominant compound movement.					
D2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
	Glute and/or hamstring dominant movement. Try not to overlap with hip/spinal loading with the push movement. You may need to use a leg curl movement when combining with a squatting movement.					



Overview Superset Systemic Programming

Program Logic

- Adds increased local metabolic stimulus to a systemic program
- Can increase or decrease systemic demand
- High volume of tissue trained per session
 - (systemic metabolic impact)
- Moderate volume per muscle trained per session
 - Greater local metabolic effect

Program Logic

- High Systemic & local Metabolic Demand
- Can be done on lower carbs/carb cycling, but requires more carbohydrates.

Stats

- Volume
 - 2-4 sets per body part
 - 8 - 30 sets per workout
- Frequency
 - 1-2 x per week for large muscle groups
 - 3- total sessions per week

Archetypes

- Full, half, and third body Splits
- Convergent Supersets
- Small Supersets
- Synergist Supersets
- Heavy Light Supersets
- Compound Isolation Supersets



Convergent Supersets

Full Body Systemic - Convergent Supersets						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Incline Press	10-12	3-5	3010+	30-60	60-70%
A2	Costal Press	10-12	3-5	3010+	30-60	60-70%
A3	Hack Squat	10-12	3-5	3010+	30-60	60-70%
B1	Lat Row	10-12	3-5	3010+	30-60	60-70%
B2	Lat Pulldown	10-12	3-5	3010+	30-60	60-70%
B3	Hamstring Curl	10-12	3-5	3010+	30-60	60-70%

Full Body Systemic - Convergent Supersets						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Incline Press	10-12	3-5	3010+	30-60	60-70%
A2	Costal Press	10-12	3-5	3010+	30-60	60-70%
A3	Lat Row	10-12	3-5	3010+	30-60	60-70%
A4	Lat Pulldown	10-12	3-5	3010+	30-60	60-70%
B1	Hack Squat	10-12	3-5	3010+	30-60	60-70%
B2	Hamstring Curl	10-12	3-5	3010+	30-60	60-70%

Half Body Systemic - Convergent Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Incline Press	10-12	3-5	3010+	30-60	60-70%
A2	Costal Press	10-12	3-5	3010+	30-60	60-70%
A3	Bicep Curl	10-12	3-5	3010+	30-60	60-70%
B1	Glute Bridge	10-12	3-5	3010+	30-60	60-70%
B2	Medial Delt Raise	10-12	3-5	3010+	30-60	60-70%
B3	Hack Squat	10-12	3-5	3010+	30-60	60-70%

Third Body Systemic - Convergent Superset						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Lat Row	10-12	3-5	3010+	30-60	60-70%
A2	Lat Pulldown	10-12	3-5	3010+	30-60	60-70%
A3	Hamstrings	10-12	3-5	3010+	30-60	60-70%
B1	Upper Back Pulldown	10-12	3-5	3010+	30-60	60-70%
B2	Hamstrings	10-12	3-5	3010+	30-60	60-70%
B3	Rear Delt Row	10-12	3-5	3010+	30-60	60-70%



Small Supersets

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Small Muscle 1	10-12	2-4	3010+	≤40	60-70%
A2	Small Muscle 1	10-12	2-4	3010+	≤40	60-70%
A3	Small Muscle 2	10-12	2-4	3010+	≤40	60-70%
A4	Small Muscle 2	10-12	2-4	3010+	≤40	60-70%
B1	Upper Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
B2	Lower Body Pressing Movement	10-12	3-5	3010+	30-60	60-70%
C1	Upper Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%
C2	Lower Body Pulling Movement	10-12	3-5	3010+	30-60	60-70%

Half Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	30-60	60-70%
A2	Biceps	10-12	3-5	3010+	30-60	60-70%
A3	Biceps	10-12	3-5	3010+	30-60	60-70%
A4	Leg Press	10-12	3-5	3010+	30-60	60-70%
A5	Delts	10-12	3-5	3010+	≤40	60-70%
A6	Delts	10-12	3-5	3010+	≤40	60-70%

Half Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	30-60	60-70%
A2	Biceps	10-12	3-5	3010+	30-60	60-70%
A3	Biceps	10-12	3-5	3010+	30-60	60-70%
B1	Leg Press	10-12	3-5	3010+	30-60	60-70%
B2	Delts	10-12	3-5	3010+	≤40	60-70%
B3	Delts	10-12	3-5	3010+	≤40	60-70%

Half Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Biceps	10-12	3-5	3010+	30-60	60-70%
A2	Biceps	10-12	3-5	3010+	30-60	60-70%
A3	Delts	10-12	3-5	3010+	30-60	60-70%
A4	Delts	10-12	3-5	3010+	30-60	60-70%
B1	Chest	10-12	3-5	3010+	≤40	60-70%
B2	Quads	10-12	3-5	3010+	≤40	60-70%



Synergist Supersets

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	≤40	60-70%
A2	Tricep Extension	10-12	3-5	3010+	≤40	60-70%
A3	Lat Pulldown	10-12	3-5	3010+	≤40	60-70%
A4	Bicep Curl	10-12	3-5	3010+	≤40	60-70%
B1	Quad Dominant Squat	10-12	3-5	3010+	30-60	60-70%
B2	Glute Dominant Leg Press or Bridge	10-12	3-5	3010+	30-60	60-70%
B3	Leg Curl	10-12	3-5	3010+	30-60	60-70%
B4	Calf Press	10-12	3-5	3010+	30-60	60-70%

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	≤40	60-70%
A2	Tricep Extension	10-12	3-5	3010+	≤40	60-70%
B1	Lat Pulldown	10-12	3-5	3010+	≤40	60-70%
B2	Bicep Curl	10-12	3-5	3010+	≤40	60-70%
C1	Quad Dominant Squat	10-12	3-5	3010+	30-60	60-70%
C2	Glute Dominant Leg Press or Bridge	10-12	3-5	3010+	30-60	60-70%
D1	Leg Curl	10-12	3-5	3010+	30-60	60-70%
D2	Calf Press	10-12	3-5	3010+	30-60	60-70%



Compound-Isolation Supersets

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	≤40	60-70%
A2	Chest Cable Fly	10-12	3-5	3010+	≤40	60-70%
A3	Quad Dominant Squat	10-12	3-5	3010+	30-60	60-70%
A4	Leg Extension	10-12	3-5	3010+	30-60	60-70%
B1	Lat Pulldown	10-12	3-5	3010+	≤40	60-70%
B2	Lat Cable Pullover	10-12	3-5	3010+	≤40	60-70%
B3	RDL	10-12	3-5	3010+	30-60	60-70%
B4	Lying Leg Curl	10-12	3-5	3010+	30-60	60-70%

Half Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	10-12	3-5	3010+	≤40	60-70%
A2	Chest Cable Fly	10-12	3-5	3010+	≤40	60-70%
A3	Bicep Curl	10-12	3-5	3010+	≤40	60-70%
A4	Medial Delts	10-12	3-5	3010+	≤40	60-70%
B1	Quad Dominant Squat	10-12	3-5	3010+	30-60	60-70%
B2	Leg Extension	10-12	3-5	3010+	30-60	60-70%
B3	Glute Bridge	10-12	3-5	3010+	30-60	60-70%
B4	Anterior Delts	10-12	3-5	3010+	30-60	60-70%



Heavy-Light Supersets



- More AMPK stimulus

Theory & logic

- Neurological benefits of using higher intensity

Full Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	6-8	3-5	3010+	≤40	60-70%
A2	Chest Cable Fly	10-12	3-5	3010+	≤40	60-70%
A3	Quad Dominant Squat	6-8	3-5	3010+	30-60	60-70%
A4	Leg Extension	10-12	3-5	3010+	30-60	60-70%
B1	Lat Pulldown	6-8	3-5	3010+	≤40	60-70%
B2	Lat Cable Pullover	10-12	3-5	3010+	≤40	60-70%
B3	RDL	6-8	3-5	3010+	30-60	60-70%
B4	Lying Leg Curl	10-12	3-5	3010+	30-60	60-70%

Half Body Systemic - Compound Dominant						
	Exercise	Reps	Sets	Tempo	Rest	Intensity
A1	Chest Press	6-8	3-5	3010+	≤40	60-70%
A2	Chest Cable Fly	10-12	3-5	3010+	≤40	60-70%
A3	Bicep Curl	10-12	3-5	3010+	≤40	60-70%
A4	Medial Delts	10-12	3-5	3010+	≤40	60-70%
B1	Quad Dominant Squat	6-8	3-5	3010+	30-60	60-70%
B2	Leg Extension	10-12	3-5	3010+	30-60	60-70%
B3	Glute Bridge	10-12	3-5	3010+	30-60	60-70%
B4	Anterior Delts	10-12	3-5	3010+	30-60	60-70%