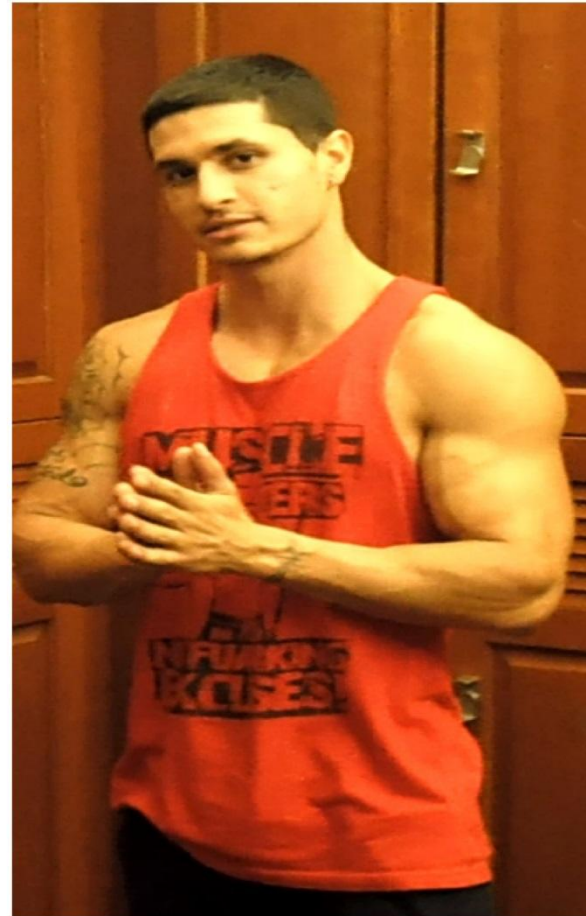


The Perfect Training Split

How to Avoid Plateaus and Maximize Your Muscle Gains



Training Stimulus

Why Periodization is Key

Rep Range	1-5	6-12	15-20
Mechanical Stress	XXXXX	XX	
Metabolic Stress	X	XXX	XXXXX
Muscle Damage	XX	XXXXX	XXX
Strength	XXXXX	XX	
Lactate Threshold		X	XXXXX

- Increases in the lactate threshold (15-20) will allow the trainee to work with a heavier weight for a longer period of time.
- Increases in strength (1-5) will spill over into the 6-12 range by allowing the trainee to work with a heavier load when training for higher reps.
- Creating muscle damage (6-12) will induce adaptive responses that will aid in both mechanical stress training and metabolic stress training.

Choosing A Training Split



- Schedule (How many days are you available?)
- Training Preference (How do you prefer to train?)
 - Training Age (How long have you been lifting?)
- Training Goals (Are you a powerlifter or bodybuilder?)

Recommended Splits

How to Periodize Training Splits for Maximum Progress

Split	Periodization
Legs/Push/Pull	Light, Medium, Medium, Heavy, Repeat
Upper/Lower	Med, Med, Heavy, Heavy, Med, Med, Light, Light, Repeat
Upper/Lower	Heavy, Heavy, Med, Med, Heavy, Heavy, Light, Light, Repeat
D.U.P.	Light, Medium, Heavy, Repeat
Full Body	Med, Med, Heavy, Med, Med, Light, Repeat
Full Body	Heavy, Heavy, Med, Heavy, Heavy, Light, Repeat

What Your Training Might Look Like

Full-Body Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Med	Rest	Med	Rest	Heavy	Rest
Rest	Med	Rest	Med	Rest	Light	Rest

Upper/Lower Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Med	Med	Rest	Heavy	Heavy	Rest
Rest	Med	Med	Rest	Light	Light	Rest

Training Variables

Upper/Lower Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Med	Med	Rest	Heavy	Heavy	Rest
Rest	Med	Med	Rest	Light	Light	Rest

	Rep Range	Rest	RPE/%	Sets
Light	15-20	45 Sec.	10/50-55%	3
Medium	6-12	60-90 Sec.	9/60-80%	4
Heavy	1-5	90+ Sec.	8/85-95%	5

Growth Factors

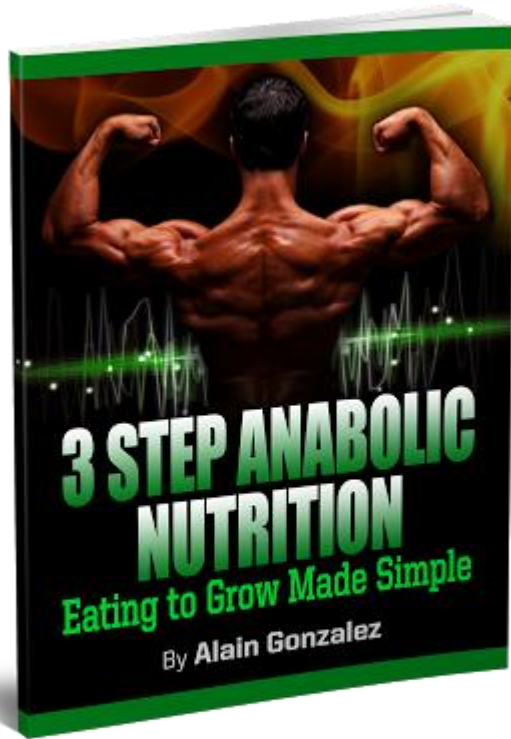
Progression Principles We MUST Follow

- Consuming the appropriate amount of each macronutrient (i.e. fats, carbs, protein)
- Staying in a positive net energy balance (i.e. Caloric surplus)
- Switching the loads, not the exercises (i.e. Light, medium, heavy)
- Progressing in your indicator lifts (i.e. Squat, bench, overhead press, deadlift)



FREE GIFT!

Download Links Below



You'll find...

- Your exact macronutrient intake for the best muscle:fat ratio...
- EXACTLY how many calories you need in order to achieve a caloric surplus...
- A detailed breakdown of what foods you should be consuming regularly...
- How to count macros without making it a full time job...