



2019 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

OCTOBER 7 – 11

#NSCAPT19

Full-Split Training: The Best of Both Worlds

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CONFLICT OF INTEREST STATEMENT

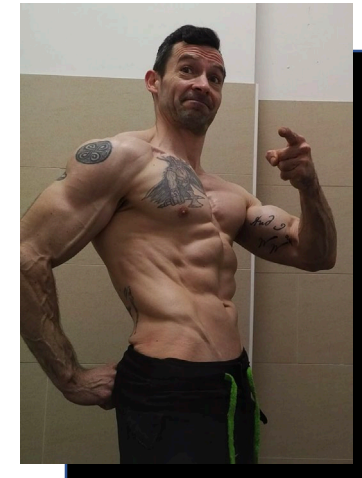
I have no actual or potential conflict of interest in relation to this presentation.

Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

Full-Split Training – what is it?

Maximize both muscle gain and fat loss...it's a body part split training program and a full-body mixed training program in one.



Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

Full-Split Training – Breaking it down

Full-Body Training Benefits

- Superior for fat loss
- Can be repeated daily
- Increased gene activation
- No need for additional cardio
- Increased strength
- Increased mass



Crewther, B. T., et al. The effects of two equal-volume training protocols upon strength, body composition and salivary hormones in male rugby union players. *Biol. Sport* 33: 111-116, 2016.

Raastad, T., et al. Powerlifters improved strength and muscular adaptations to a greater extent when equal total training volume was divided into 6 compared to 3 training sessions per week. *Book of abstracts, 17th annual conference of the ECSS, 2012.*

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Workout 1

#TRAINWITHJIM

LINEAR FULL-BODY MICROS DAY 1

Exercise	Sets	Reps*	Muscle Group
Reverse-Grip Dumbbell Bench Press	3	16-20	Chest
Straight-Arm Pulldown	3	16-20	Back
Romanian Deadlift	3	16-20	Legs
Bent-Over Dumbbell Lateral Raise	3	16-20	Shoulders
Dumbbell Shrug	3	16-20	Traps
Standing Calf Raise	3	16-20	Calves
Triceps Pressdown	3	16-20	Triceps
Cable Curl	3	16-20	Biceps
Behind Back Wrist Curl	3	16-20	Forearms
Crunch	3	16-20	Abs

* ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, DO ONE REST-PAUSE SET.

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Workout 2

#TRAINWITHJIM

LINEAR FULL-BODY MICROS DAY 2

Exercise	Sets	Reps*	Muscle Group
Cable Crossover	3	12-15	Chest
Seated Cable Row	3	12-15	Back
Squat	3	12-15	Legs
Dumbbell Shoulder Press	3	12-15	Shoulders
Behind-Back Shrug	3	12-15	Traps
Seated Calf Raise	3	12-15	Calves
Close-Grip Bench Press	3	12-15	Triceps
Incline Dumbbell Curl	3	12-15	Biceps
Reverse Wrist Curl	3	12-15	Forearms
Smith Machine Hip Thrust	3	12-15	Abs

* ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, DO ONE REST-PAUSE SET.

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Workout 3

#TRAINWITHJIM

LINEAR FULL-BODY MICROS DAY 3

Exercise	Sets	Reps*	Muscle Group
Bench Press	3	9-11	Chest
Pulldown	3	9-11	Back
Reverse Hamstring Raise	3	9-11	Legs
Dumbbell Lateral Raise	3	9-11	Shoulders
Straight-Arm Pushdown	3	9-11	Traps
Leg Press Calf Raise	3	9-11	Calves
Dumbbell Overhead Triceps Extension	3	9-11	Triceps
Preacher Curl	3	9-11	Biceps
Wrist Curl	3	9-11	Forearms
Rope Crunch	3	9-11	Abs

* ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, DO ONE REST-PAUSE SET.

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TABLE I. Strength, body composition and hormonal outcomes in response to the full-body and split-body resistance-training protocols (n = 24). Data are presented as means ± SD.

Variables	Full-body training			Split-body training		
	Pre-training	Post-training	% change	Pre-training	Post-training	% change
BP 1RM (kg)	102.6 ± 18.3	109.9 ± 18.8	7.3 ± 4.1**	103.1 ± 15.8	109.6 ± 16.2	7.4 ± 4.5**
SQ 1RM (kg)	128.6 ± 23.6	137.8 ± 22.7	7.4 ± 4.5**	131.1 ± 19.6	138.4 ± 21.5	5.4 ± 3.4**
BM (kg)	93.3 ± 11.0	93.2 ± 9.5	0.0 ± 1.8	93.4 ± 9.7	93.2 ± 9.3	-0.1 ± 0.9
BF (%)	18.5 ± 4.7	17.6 ± 4.7	-0.9 ± 0.8**	17.9 ± 4.6	17.5 ± 4.3	-0.4 ± 0.6**#
FM (kg)	17.6 ± 6.2	16.6 ± 5.8	-5.7 ± 6.3**	17.0 ± 5.7	16.5 ± 5.3	-2.1 ± 4.1*#
FFM (kg)	75.7 ± 6.7	76.5 ± 5.9	1.1 ± 1.9*	76.4 ± 5.7	76.7 ± 5.6	0.4 ± 0.8*
Testosterone (pg·mL ⁻¹)	82.3 ± 38.6	89.5 ± 42.5	11.0 ± 72.0	70.5 ± 26.7	84.7 ± 30.6	21.1 ± 32.7**
Cortisol (ng·mL ⁻¹)	2.61 ± 2.49	2.30 ± 2.00	-13.4 ± 155	1.85 ± 2.10	2.40 ± 1.88	50.0 ± 120*#
T/C ratio	42.8 ± 28.8	53.6 ± 24.0	28.2 ± 74.6*	63.3 ± 46.9	48.7 ± 30.3	-19.3 ± 88.9#

Notes: BP = bench press, SQ = back squat, 1RM = one repetition maximum, BM = body mass, BF = body fat, FM = fat mass, FFM = fat-free mass, T/C ratio = testosterone to cortisol ratio. *Significant within-group change p < 0.05, **Significant within-group change p < 0.01, #Significant from full-body training p < 0.05.

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Full-Split Training – Breaking it down

Body Part Split Training Benefits

- Targeted energy and mind muscle connection for focus muscle group
- Greater intensity
- Overload and fatigue of focus muscle group



Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

Day 1

Exercise	Sets	Reps
Bench Press	4	12-15
Incline Bench Press	3	12-15
Incline Dumbbell Flye	3	12-15
High-Pulley Cable Crossover	3	12-15
Triceps Pressdown	3	12-15
Barbell Lying Triceps Extension	3	12-15
Overhead Cable Extension	3	12-15
Standing Calf Raise	4	25-30
Seated Calf Raise	4	25-30

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Day 2

Exercise	Sets	Reps
One-Arm Dumbbell Row	4	12-15
Wide-Grip Lat Pulldown	3	12-15
Standing Lat Pulldown	3	12-15
Straight-Arm Pulldown	3	12-15
Barbell Curl	4	12-15
Incline Dumbbell Curl	3	12-15
One-Arm High Cable Curl	3	12-15
Hip Thrust	3	20-30
Crunch	3	20-30
Oblique Crunch	3	20-30

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Day 3

Exercise	Sets	Reps
Seated Dumbbell Shoulder Press	4	12-15
Dumbbell Lateral Raise	3	12-15
One-Arm Cable Front Raise	3	12-15
Cable Rear Delt Flye	3	12-15
Dumbbell Shrug	4	12-15
Seated Calf Raise	4	25-30
Leg Press Calf Raise	4	25-30

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Day 4

Exercise	Sets	Reps
Squat	4	12-15
One-Leg Leg Press	3	12-15
Leg Extension	3	12-15
Romanian Deadlift	4	12-15
Lying Leg Curl	3	12-15
Hip Thrust	3	20-30
Crunch	3	20-30
Plank	3	1 minute

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Full-Split Training – Greater Overall Volume

Traditional Full-Body Training

3 sets/exercise/workout X 5 days = 15 total sets/muscle group

Traditional Body Part Split Training

8-16 sets/muscle group once per week



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Workout 3

#TRAINWITHJIM

LINEAR FULL-BODY MICROS DAY 3

Exercise	Sets	Reps*	Muscle Group
Bench Press	3	9-11	Chest
Pulldown	3	9-11	Back
Reverse Hamstring Raise	3	9-11	Legs
Dumbbell Lateral Raise	3	9-11	Shoulders
Straight-Arm Pushdown	3	9-11	Traps
Leg Press Calf Raise	3	9-11	Calves
Dumbbell Overhead Triceps Extension	3	9-11	Triceps
Preacher Curl	3	9-11	Biceps
Wrist Curl	3	9-11	Forearms
Rope Crunch	3	9-11	Abs

* ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, DO ONE REST-PAUSE SET.

Day 1

Exercise	Sets	Reps
Bench Press	4	12-15
Incline Bench Press	3	12-15
Incline Dumbbell Flye	3	12-15
High-Pulley Cable Crossover	3	12-15
Triceps Pressdown	3	12-15
Barbell Lying Triceps Extension	3	12-15
Overhead Cable Extension	3	12-15
Standing Calf Raise	4	25-30
Seated Calf Raise	4	25-30

Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

Variables that can be altered:

- Rep ranges
- Tempo (rep speed)
- Rest periods
- Exercise selection
- Periodization models
- Frequency
- Intensity boosters



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SUPER-MAN REMASTERED CHALLENGE

CHEST/BACK/SHOULDERS/TRAPS FOCUS

WEEK 1/DAY 1

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Barbell Bent-Over Row	3	12-15	Back
Bench Press	3	12-15	Chest
SUPERSET			
Lat Pulldown	3	12-15	Back
Dumbbell Shoulder Press	3	12-15	Shoulders
SUPERSET			
Incline Dumbbell Flye	2	12-15	Chest
Incline Rear Delt Flye	2	12-15	Shoulders
SUPERSET			
Cable Crossover	2	12-15	Chest
Cable Lateral Raise	2	12-15	Shoulders
SUPERSET			
Dumbbell Shrug	3	12-15	Traps
Straight-Arm Dip (Bodyweight)	3	To Failure	Traps
SUPERSET			
Dumbbell Kickback	2-3	12-15	Triceps
Behind-Back Cable Curl	2-3	12-15	Biceps
SUPERSET			
Walking Lunge	2-3	12-15	Legs
Plank (Bodyweight)	2-3	To Failure	Abs
SUPERSET			
Leg Press Calf Raise	2-3	12-15	Calves
Dumbbell Wrist Curl	2-3	12-15	Forearms

#TRAINWITHJIM

SUPER-MAN REMASTERED CHALLENGE

TRICEPS/BICEPS/FOREARMS FOCUS

WEEK 1/DAY 2

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Triceps Pressdown	3	12-15	Triceps
Barbell Curl	3	12-15	Biceps
SUPERSET			
Cable Overhead Triceps Extension	3	12-15	Triceps
Cable Behind-The-Neck Curl	3	12-15	Biceps
SUPERSET			
Step-Up	2-3	12-15	Legs
V-Ups	2-3	To Failure	Abs
TRI-SET			
Cable Crossover	2-3	12-15	Chest
Cable Front Raise	2-3	12-15	Shoulders
Straight-Arm Pulldown	2-3	To Failure	Back
SUPERSET			
Straight-Arm Pushdown	2-3	12-15	Traps
Kettlebell Toe Raise	2-3	12-15	Calves
SUPERSET			
Barbell Reverse Wrist Curl	3	12-15	Forearms
Barbell Wrist Curl	3	12-15	Forearms

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SUPER-MAN REMASTERED CHALLENGE

LEGS/ABS/CALVES FOCUS

WEEK 1/DAY 3

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Squat	3	12-15	Legs
Hanging Knee Raise	3	To Failure	Abs
SUPERSET			
Romanian Deadlift	2	12-15	Legs
Weighted Crunch	2	12-15	Abs
SUPERSET			
Leg Extension	2	12-15	Legs
Lying Leg Curl	2	12-15	Legs
SUPERSET			
Side Plank Reach-Though	2	To Failure	Abs
Barbell Shrug	2	12-15	Traps
SUPERSET			
Decline Bench Press	2-3	12-15	Chest
Barbell Upright Row	2-3	To Failure	Shoulders
SUPERSET			
Seated Cable Row	2-3	12-15	Back
Dumbbell Bench Press	2-3	12-15	Chest
SUPERSET			
Dumbbell Overhead Triceps Extension	2-3	12-15	Triceps
Dumbbell Concentration Curl	2-3	12-15	Biceps
SUPERSET			
Standing Calf Raise	3	12-15	Calves
Kettlebell Toe Raise	3	12-15	Calves

#TRAINWITHJIM

SUPER-MAN REMASTERED CHALLENGE

CHEST/BACK/SHOULDERS/TRAPS FOCUS

WEEK 1/DAY 4

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Reverse-Grip Dumbbell Press	3	12-15	Chest
Incline Dumbbell Row	3	12-15	Back
SUPERSET			
Dumbbell Lateral Raise	3	12-15	Shoulders
Dumbbell Decline Flye	3	12-15	Chest
SUPERSET			
Dips	2	12-15	Chest
Dumbbell Upright Row	2	12-15	Shoulders
SUPERSET			
Arnold Press	2	12-15	Shoulders
Reverse-Grip Lat Pulldown	2	12-15	Back
SUPERSET			
Smith Machine Behind-The-Back Shrug	3	12-15	Traps
Straight-Arm Pushdown	3	12-15	Traps
SUPERSET			
Reverse Hamstring Extension	2-3	12-15	Legs
Incline Leg Raise	2-3	12-15	Legs
SUPERSET			
Dumbbell Triceps Kickback	2-3	12-15	Triceps
Dumbbell Hammer Curl	2-3	12-15	Biceps
SUPERSET			
Seated Calf Raise	2-3	12-15	Calves
Dumbbell Reverse Wrist Curl	2-3	12-15	Forearms

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SUPER-MAN REMASTERED CHALLENGE

TRICEPS/BICEPS/FOREARMS FOCUS

WEEK 1/DAY 5

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Cable Overhead Curl	3	12-15	Biceps
Cable Lying Triceps Extension	3	12-15	Triceps
SUPERSET			
Incline Dumbbell Curl	3	12-15	Biceps
Bench Dips	3	12-15	Triceps
SUPERSET			
Cable Flye	2-3	12-15	Chest
Cable Rear Delt Flye	2-3	12-15	Shoulders
SUPERSET			
Straight-Arm Pulldown	2-3	12-15	Back
Cable Front Raise	2-3	12-15	Shoulders
SUPERSET			
Barbell Hack Squat	2-3	12-15	Legs
Hip Thrust	2-3	12-15	Abs
SUPERSET			
Standing Calf Raise	2-3	12-15	Calves
Standing Calf Shrug	2-3	12-15	Traps
SUPERSET			
Barbell Behind-The-Back Wrist Curl	3	12-15	Forearms
Standing Barbell Reverse Wrist Curl	3	12-15	Forearms

#TRAINWITHJIM

SUPER-MAN REMASTERED CHALLENGE

LEGS/ABS/CALVES FOCUS

WEEK 1/DAY 6

Exercise	Sets	Reps	Muscle Group
SUPERSET			
Barbell Rollout	3	To Failure	Abs
Deadlift	3	12-15	Legs
SUPERSET			
Roman Chair Crunch	2	12-15	Abs
Back Extension	2	12-15	Back
SUPERSET			
Standing Lat Pulldown	2-3	12-15	Back
Incline Dumbbell Press	2-3	12-15	Chest
SUPERSET			
Barbell Standing Shoulder Press	2-3	12-15	Shoulders
Pull-Up	2-3	To Failure	Back
SUPERSET			
Lying Triceps Extension	2-3	12-15	Triceps
Prone Incline Dumbbell Curl	2-3	12-15	Biceps
SUPERSET			
Cable Toe Raise	3	12-15	Calves
Seated Calf Raise	3	12-15	Calves

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TRAIN WITH JIM

DOWN AND UP MASS FULL-SPLIT

CHEST AND ABS FOCUS

WEEK 1/DAY 1

Exercise	Sets	Reps*	Muscle Group
Bench Press	2	9-11	Chest
Reverse-Grip Incline Dumbbell Press	2	9-11	Chest
Dumbbell Flye	2	9-11	Chest
Cable Crossover	2	9-11	Chest
Front Squat	2	9-11	Legs
Reverse-Grip Lat Pulldown	2	9-11	Back
Arnold Press	2	9-11	Shoulders
Dumbbell Shrug	2	9-11	Traps
Cable Toe Raise	2	9-11	Calves
Triceps Pressdown	2	9-11	Triceps
High Cable Curl	2	9-11	Biceps
Barbell Wrist Curl	2	9-11	Forearms
Smith Machine Hip Thrust	2	9-11	Abs
Smith Machine Crunch	2	9-11	Abs

*ON THE SECOND SET OF EACH EXERCISE, DO ONE REST-PAUSE, FOLLOWED IMMEDIATELY BY ONE DROP SET.

TRAIN WITH JIM

DOWN AND UP MASS FULL-SPLIT

BACK AND CALVES FOCUS

WEEK 1/DAY 2

Exercise	Sets	Reps*	Muscle Group
Deadlift	2	9-11	Back
Barbell Bent-Over Row	2	9-11	Back
Seated Cable Row	2	9-11	Back
Lat Pulldown	2	9-11	Back
Straight-Arm Pulldown	2	9-11	Back
Incline Bench Press	2	9-11	Chest
Cable Rear Delt Flye	2	9-11	Shoulders
One-Arm Smith Machine Shrug	2	9-11	Traps
Standing Dumbbell Kickback	2	9-11	Triceps
Hammer Curl	2	9-11	Biceps
Barbell Reverse Wrist Curl	2	9-11	Forearms
Cable Oblique Pushdown	2	9-11	Abs
Standing Calf Raise	2	9-11	Calves
Seated Calf Raise	2	9-11	Calves

*ON THE SECOND SET OF EACH EXERCISE, DO ONE REST-PAUSE, FOLLOWED IMMEDIATELY BY ONE DROP SET.

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DOWN AND UP MASS FULL-SPLIT

SHOULDERS/TRAPS/ABS FOCUS

WEEK 1/DAY 3

Exercise	Sets	Reps*	Muscle Group
Barbell Shoulder Press	2	9-11	Shoulders
Smith Machine Upright Row	2	9-11	Shoulders
Dumbbell Lateral Raise	2	9-11	Shoulders
Face Pull	2	9-11	Shoulders
Barbell Shrug	2	9-11	Traps
Barbell Behind-The-Back Shrug	2	9-11	Traps
Step-Up	2	9-11	Legs
Low-Pulley Cable Crossover	2	9-11	Chest
T-Bar Row	2	9-11	Back
Leg Press Calf Raise	2	9-11	Calves
Cable Overhead Triceps Extension	2	9-11	Triceps
Cable Lying Biceps Curl	2	9-11	Biceps
Cable External Rotation	2	9-11	Shoulders
Cable Internal Rotation	2	9-11	Shoulders
Hanging Leg Raise	2	To Failure	Abs
Band Woodchopper	2	9-11	Abs

*ON THE SECOND SET OF EACH EXERCISE, DO ONE REST-PAUSE, FOLLOWED IMMEDIATELY BY ONE DROP SET.

#TRAINWITHJIM

DOWN AND UP MASS FULL-SPLIT

TRICEPS/BICEPS/FOREARMS FOCUS

WEEK 1/DAY 4

Exercise	Sets	Reps*	Muscle Group
Close-Grip Bench Press	2	9-11	Triceps
Dumbbell Overhead Triceps Extension	2	9-11	Triceps
Lying Triceps Extension	2	9-11	Triceps
Barbell Curl	2	9-11	Biceps
Incline Dumbbell Curl	2	9-11	Biceps
Prone Incline Dumbbell Curl	2	9-11	Biceps
Barbell Hack Squat	2	9-11	Legs
Cable Flye	2	9-11	Chest
Straight-Arm Pulldown	2	9-11	Back
Cable Lateral Raise	2	9-11	Shoulders
Prone Incline Dumbbell Shrug	2	9-11	Traps
Lying Calf Raise	2	9-11	Calves
Barbell Wrist Curl	2	9-11	Forearms
Barbell Reverse Wrist Curl	2	9-11	Forearms
Standing Cable Crunch	2	9-11	Abs

*ON THE SECOND SET OF EACH EXERCISE, DO ONE REST-PAUSE, FOLLOWED IMMEDIATELY BY ONE DROP SET.

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DOWN AND UP MASS FULL-SPLIT

LEGS AND CALVES FOCUS

WEEK 1/DAY 5

Exercise	Sets	Reps*	Muscle Group
Squat	2	9-11	Legs
One-Leg Leg Press	2	9-11	Legs
Walking Lunge	2	9-11	Legs
Romanian Deadlift	2	9-11	Legs
Lying Leg Curl	2	9-11	Legs
Decline Bench Press	2	9-11	Chest
Standing Pulldown	2	9-11	Back
Dumbbell Shoulder Press	2	9-11	Shoulders
Straight-Arm Pushdown	2	9-11	Traps
Reverse-Grip Triceps Pressdown	2	9-11	Triceps
Cable Reverse-Grip Curl	2	9-11	Biceps
Seated Calf Raise	2	9-11	Calves
Standing Calf Raise	2	9-11	Calves
V-Up	2	9-11	Abs

*ON THE SECOND SET OF EACH EXERCISE, DO ONE REST-PAUSE, FOLLOWED IMMEDIATELY BY ONE DROP SET.

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REP MAX RUNNER (15RM RUNNER)

Week 1 / Workout 1: Chest, Abs Focus

Exercise	Sets	Reps
Chest Focus*		
Bench Press	1	50
Incline Bench Press	1	50
Low-Pulley Cable Crossover	1	50
Cable Crossover	1	50
Abs Focus*		
Hip Thrust	1	50
Crunch	1	50
Full-Body		
Barbell Bent-Over Row	1-3	20
Walking Lunge	1-3	20
Cable Lateral Raise	1-3	20
Barbell Behind-Back Shrug	1-3	20
Dumbbell Kickback	1-3	20
Dumbbell Concentration Curl	1-3	20
Dumbbell Wrist Curl	1-3	20
Leg Press Calf Raise	1-3	20

*15 to 50 System (15RM Runner) Protocol: Using your 15RM, rest-pause up to 50 reps, resting 15 seconds between rest-pauses.

JS/STOPPANI.COM

REP MAX RUNNER (15RM RUNNER)

Week 1 / Workout 2: Back, Calves Focus

Exercise	Sets	Reps
Back Focus*		
Deadlift	1	50
Seated Cable Row	1	50
Lat Pulldown	1	50
Reverse-Grip Lat Pulldown	1	50
Straight-Arm Pulldown	1	50
Calves Focus*		
Standing Calf Raise	1	50
Seated Calf Raise	1	50
Full-Body		
Reverse-Grip Dumbbell Press	1-3	10
Dumbbell Front Raise	1-3	10
Prone Incline Dumbbell Shrug	1-3	10
One-Arm Reverse-Grip Triceps Pressdown	1-3	10
Behind-Back Cable Curl	1-3	10
Dumbbell Reverse Wrist Curl	1-3	10
Cable Woodchopper	1-3	10

*15 to 50 System (15RM Runner) Protocol: Using your 15RM, rest-pause up to 50 reps, resting 15 seconds between rest-pauses.

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REP MAX RUNNER (15RM RUNNER)

Week 1 / Workout 3: Shoulders, Traps, Abs Focus

Exercise	Sets	Reps
<i>Shoulder Focus*</i>		
Standing Barbell Shoulder Press	1	50
Dumbbell Upright Row	1	50
Dumbbell Lateral Raise	1	50
Cable Rear Delt Flye	1	50
<i>Traps Focus*</i>		
Dumbbell Shrug	1	50
Smith Machine Behind-Back Shrug	1	50
Straight-Arm Pushdown	1	50
<i>Abs Focus*</i>		
Lying Leg Raise	1	50
Rope Cable Crunch	1	50
<i>Full-Body</i>		
Dumbbell Flye	1-3	15
Dumbbell Bent-Over Row	1-3	15
Front Squat	1-3	15
One-Arm Dumbbell Overhead Triceps Extension	1-3	15
Prone Incline Dumbbell Curl	1-3	15
Standing Calf Raise	1-3	15

*15 to 50 System (15RM Runner) Protocol: Using your 15RM, rest-pause up to 50 reps, resting 15 seconds between rest-pauses.

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REP MAX RUNNER (15RM RUNNER)

Week 1 / Workout 4: Triceps, Biceps, Forearms Focus

Exercise	Sets	Reps
<i>Triceps Focus*</i>		
Close-Grip Bench Press	1	50
Triceps Pressdown	1	50
Cable Overhead Triceps Extension	1	50
<i>Biceps Focus*</i>		
Barbell Curl	1	50
Incline Dumbbell Curl	1	50
High Cable Curl	1	50
<i>Forearm Focus*</i>		
Barbell Wrist Curl	1	50
Barbell Reverse Wrist Curl	1	50
<i>Full-Body</i>		
Incline Dumbbell Flye	1-3	5
One-Arm Straight-Arm Pulldown	1-3	5
Cable Leg Raise	1-3	5
Face Pull	1-3	5
Y-Raise	1-3	5
Cable Toe Raise	1-3	5
Cable Oblique Pushdown	1-3	5

*15 to 50 System (15RM Runner) Protocol: Using your 15RM, rest-pause up to 50 reps, resting 15 seconds between rest-pauses.

Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

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REP MAX RUNNER (15RM RUNNER)

Week 1 / Workout 5: Legs, Calves Focus

Exercise	Sets	Reps
Leg Focus*		
Squat	1	50
Leg Press	1	50
Romanian Deadlift	1	50
Lying Leg Curl	1	50
Calves Focus*		
Seated Calf Raise	1	50
Leg Press Calf Raise	1	50
Full-Body		
Dumbbell Bench Press	1-3	25
Standing Lat Pulldown	1-3	25
Arnold Press	1-3	25
Barbell Shrug	1-3	25
Barbell Lying Triceps Extension	1-3	25
Hammer Curl	1-3	25
Barbell Behind-Back Wrist Curl	1-3	25
Cable Roundhouse Elbow	1-3	25

*15 to 50 System (15RM Runner) Protocol: Using your 15RM, rest-pause up to 50 reps, resting 15 seconds between rest-pauses.

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Ascending Drop Sets Full-Split

Week 1 / Workout 1: Back, Calves Focus

Exercise	Sets	Reps
Split-Training (Back)		
Deadlift	5	20, 10, 5, D1, D2*
Seated Cable Row	5	20, 10, 5, D1, D2*
Wide-Grip Lat Pulldown	5	20, 10, 5, D1, D2*
Reverse-Grip Lat Pulldown	5	20, 10, 5, D1, D2*
Straight-Arm Pulldown	5	20, 10, 5, D1, D2*
Split-Training (Calves)		
Seated Calf Raise	5	20, 10, 5, D1, D2*
Leg Press Calf Raise	5	20, 10, 5, D1, D2*
Full-Body		
Reverse-Grip Incline Dumbbell Press	3	20
Barbell Hack Squat	3	20
Dumbbell Upright Row	3	20
Barbell Shrug	3	20
Dumbbell Overhead Triceps Extension	3	20
Alternating Dumbbell Curl	3	20
Dumbbell Wrist Curl	3	20
Reverse Crunch	3	To Failure

*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

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Ascending Drop Sets Full-Split

Week 1 / Workout 2: Chest, Abs Focus

Exercise	Sets	Reps
Split-Training (Chest)		
Bench Press	5	20, 10, 5, D1, D2*
Incline Bench Press	5	20, 10, 5, D1, D2*
Cable Crossover	5	20, 10, 5, D1, D2*
Low-Pulley Cable Crossover	5	20, 10, 5, D1, D2*
Split-Training (Abs)		
Hip Thrust	5	20, 10, 5, D1, D2*
Crunch	5	20, 10, 5, D1, D2*
Full-Body		
Walking Lunge	3	20
T-Bar Row	3	20
Cable Lateral Raise	3	20
Prone Incline Dumbbell Shrug	3	20
Leg Press Calf Raise	3	20
Reverse-Grip Triceps Pressdown	3	20
Seated Barbell Curl	3	20
Dumbbell Reverse Wrist Curl	3	20

*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

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Ascending Drop Sets Full-Split

Week 1 / Workout 3: Legs, Calves Focus

Exercise	Sets	Reps
Split-Training (Legs)		
Squat	5	20, 10, 5, D1, D2*
Leg Press	5	20, 10, 5, D1, D2*
Leg Extension	5	20, 10, 5, D1, D2*
Romanian Deadlift	5	20, 10, 5, D1, D2*
Lying Leg Curl	5	20, 10, 5, D1, D2*
Split-Training (Calves)		
Standing Calf Raise	5	20, 10, 5, D1, D2*
Seated Calf Raise	5	20, 10, 5, D1, D2*
Full-Body		
Reverse-Grip Bench Press	3	20
Pull-Up	3	To Failure
Barbell Shoulder Press	3	20
Straight-Arm Dip	3	20
Cable Lying Triceps Extension	3	20
Dumbbell Concentration Curl	3	20
Barbell Behind-Back Wrist Curl	3	20
Cable Woodchopper	3	20

*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

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Ascending Drop Sets Full-Split

Week 1 / Workout 4: Shoulders, Traps Focus

Exercise	Sets	Reps
Split-Training (Shoulders)		
Dumbbell Shoulder Press	5	20, 10, 5, D1, D2*
Smith Machine Upright Row	5	20, 10, 5, D1, D2*
Dumbbell Lateral Raise	5	20, 10, 5, D1, D2*
Cable Rear Delt Flye	5	20, 10, 5, D1, D2*
Split-Training (Traps)		
Smith Machine Behind-Back Shrug	5	20, 10, 5, D1, D2*
Dumbbell Shrug	5	20, 10, 5, D1, D2*
Straight-Arm Pushdown	5	20, 10, 5, D1, D2*
Full-Body		
Step-Up	3	20
Standing Lat Pulldown	3	20
Dumbbell Flye	3	20
Seated Calf Raise	3	20
Triceps Dip	3	To Failure
Lying Cable Concentration Curl	3	20
Cable Wrist Curl	3	20
V-Up	3	To Failure

*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

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Ascending Drop Sets Full-Split

Week 1 / Workout 5: Biceps, Forearms, Abs Focus

Exercise	Sets	Reps
Split-Training (Biceps)		
Barbell Curl	5	20, 10, 5, D1, D2*
Incline Dumbbell Curl	5	20, 10, 5, D1, D2*
Prone Incline Dumbbell Curl	5	20, 10, 5, D1, D2*
Hammer Curl	5	20, 10, 5, D1, D2*
Split-Training (Forearms)		
Barbell Wrist Curl	5	20, 10, 5, D1, D2*
Barbell Reverse Wrist Curl	5	20, 10, 5, D1, D2*
Split-Training (Abs)		
Rope Cable Crunch	5	20, 10, 5, D1, D2*
Plank	5	To Failure
Full-Body		
Front Squat	3	20
Dumbbell Bench Press	3	20
One-Arm Straight-Arm Pulldown	3	20
Arnold Press	3	20
Standing Calf Machine Shrug	3	20
Standing Calf Raise	3	20
Standing Dumbbell Kickback	3	20

*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

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Ascending Drop Sets Full-Split

Week 1 / Workout 6: Triceps, Calves Focus

Exercise	Sets	Reps
Split-Training (Triceps)		
Close-Grip Bench Press	5	20, 10, 5, D1, D2*
Barbell Lying Triceps Extension	5	20, 10, 5, D1, D2*
Cable Overhead Triceps Extension	5	20, 10, 5, D1, D2*
Triceps Pressdown	5	20, 10, 5, D1, D2*
Split-Training (Calves)		
Leg Press Calf Raise	5	20, 10, 5, D1, D2*
Standing Calf Raise	5	20, 10, 5, D1, D2*
Full-Body		
Walking Lunge	3	20
Cable Flye	3	20
Incline Dumbbell Row	3	20
Dumbbell Front Raise	3	20
Barbell Behind-Back Shrug	3	20
High Cable Curl	3	20
Cable Reverse Wrist Curl	3	20
Cable Oblique Pushdown	3	20

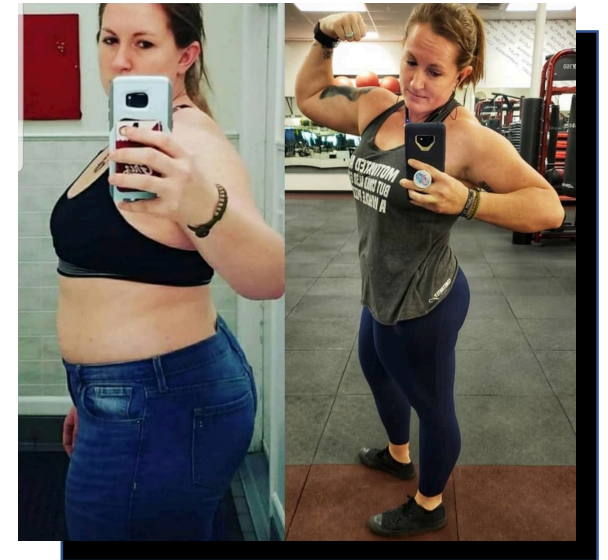
*Do two drop sets (D1 and D2) after hitting failure on the third set (5 reps). For the first drop set (D1), use the same weight as in set #2 (10 reps); for the second drop set (D2), use the same weight as in set #1 (20 reps). Take each drop set to muscle failure.

Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

Options to break up the “focus” muscle groups:

- 2-day split
- 3-day split
- 4-day split
- 5-day split

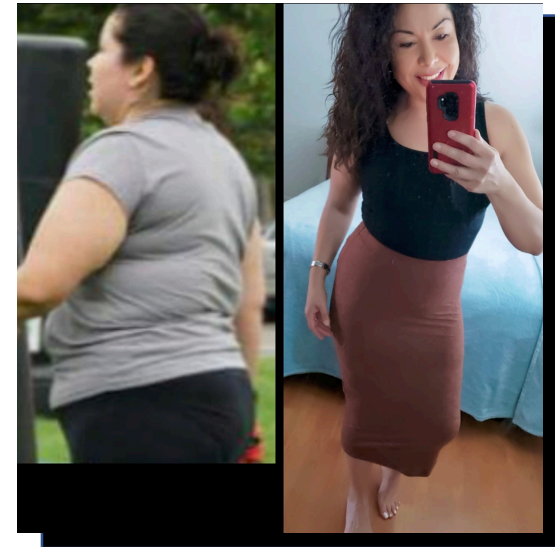


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How much **Volume** to program:

- Focus muscle groups – 3-5 exercises
- Non-focus muscle groups – 1 exercise each



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Week 1, Day 1

Chest and Calves Focus

Exercise	Sets	Reps	Muscle Group
Bench Press	3	12-15*	Chest
Reverse-Grip Bench Press	2-3	12-15*	Chest
Incline Flye	2-3	12-15*	Chest
Cable Crossover	2-3	12-15*	Chest
Reverse-Grip Pulldown	2-3	12-15*	Back
Deadlift	2-3	12-15*	Legs
Dumbbell Upright Row	2-3	12-15*	Shoulders
Behind-The-Back Barbell Shrug	2-3	12-15*	Traps
Standing Calf Raise	2-3	12-15*	Calves
Seated Calf Raise	2-3	12-15*	Calves
Dumbbell Kickback	2-3	12-15*	Triceps
Behind-The-Back Cable Curl	2-3	12-15*	Biceps
Barbell Wrist Curl	2-3	12-15*	Forearms
Rope Crunch	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Periodizing a Full-Split routine

Same as any other split program...



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Modifying a Full-Split program to accommodate a busy schedule...if short on time:

- Drop the full-body portion and just do the focus muscle group work.
- Split the workout in half and do the focus muscle group work in one workout (e.g. morning) and the full-body portion in another workout (e.g. evening).

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Recovery for a Full-Split routine

24, 48, 72 hours?

Comes from powerlifters



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Speeding up a Full-Split routine

Supersets, Tri-sets, Giant sets, Circuit training style



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Week 1, Day 1

Chest and Calves Focus

Exercise	Sets	Reps	Muscle Group
Bench Press	3	12-15*	Chest
Reverse-Grip Bench Press	2-3	12-15*	Chest
Incline Flye	2-3	12-15*	Chest
Cable Crossover	2-3	12-15*	Chest
Reverse-Grip Pulldown	2-3	12-15*	Back
Deadlift	2-3	12-15*	Legs
Dumbbell Upright Row	2-3	12-15*	Shoulders
Behind-The-Back Barbell Shrug	2-3	12-15*	Traps
Standing Calf Raise	2-3	12-15*	Calves
Seated Calf Raise	2-3	12-15*	Calves
Dumbbell Kickback	2-3	12-15*	Triceps
Behind-The-Back Cable Curl	2-3	12-15*	Biceps
Barbell Wrist Curl	2-3	12-15*	Forearms
Rope Crunch	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 1, Day 2

Back and Abs Focus

Exercise	Sets	Reps	Muscle Group
Bent-Over Barbell Row	3	12-15*	Back
Wide-Grip Pulldown	2-3	12-15*	Back
Standing Pulldown	2-3	12-15*	Back
Straight-Arm Pulldown	2-3	12-15*	Back
Dumbbell Bench Press	2-3	12-15*	Chest
Step-Up	2-3	12-15*	Legs
Dumbbell Rear Delt Flye	2-3	12-15*	Shoulders
Prone Incline Dumbbell Shrug	2-3	12-15*	Traps
Cable Toe Raise	2	12-15*	Calves
Dumbbell Overhead Triceps Extension	2-3	12-15*	Triceps
Dumbbell Concentration Curl	2-3	12-15*	Biceps
Dumbbell Reverse Wrist Curl	2-3	12-15*	Forearms
Hip Thrust	2-3	12-15*	Abs
Crunch	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 1, Day 3

Shoulders and Traps Focus

Exercise	Sets	Reps	Muscle Group
Dumbbell Shoulder Press	3	12-15*	Shoulders
Dumbbell Lateral Raise	2-3	12-15*	Shoulders
Cable Front Raise	2-3	12-15*	Shoulders
Cable Rear Delt Flye	2-3	12-15*	Shoulders
Dumbbell Shrug	2-3	12-15*	Traps
Straight-Arm Pushdown	2-3	12-15*	Traps
Dumbbell Row	2-3	12-15*	Back
Walking Lunge	2-3	12-15*	Legs
Leg Press Calf Raise	2-3	12-15*	Calves
Low-Pulley Cable Crossover	2-3	12-15*	Chest
Close-Grip Bench Press	2-3	12-15*	Triceps
Preacher Curl	2-3	12-15*	Biceps
Dumbbell Wrist Curl	2-3	12-15*	Forearms
Cable Woodchopper	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 1, Day 4

Triceps and Biceps Focus

Exercise	Sets	Reps	Muscle Group
Triceps Pressdown	3	12-15*	Triceps
Lying Triceps Extension	2-3	12-15*	Triceps
Cable Overhead Triceps Extension	2-3	12-15*	Triceps
Barbell Curl	3	12-15*	Biceps
Incline Dumbbell Curl	2-3	12-15*	Biceps
High Cable Curl	2-3	12-15*	Biceps
Barbell Hack Squat	2-3	12-15*	Legs
Cable Flye	2-3	12-15*	Chest
Straight-Arm Pulldown	2-3	12-15*	Back
Cable Lateral Raise	2-3	12-15*	Shoulders
Cable Shrug	2-3	12-15*	Traps
One Leg Standing Calf Raise	2-3	12-15*	Calves
Barbell Reverse Wrist Curl	2-3	12-15*	Forearms
Cable Oblique Pushdown	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 1, Day 5

Legs and Calves Focus

Exercise	Sets	Reps	Muscle Group
Squat	3	12-15*	Legs
One-Leg Leg Press	2-3	12-15*	Legs
Leg Extension	2-3	12-15*	Legs
Romanian Deadlift	2-3	12-15*	Legs
Lying Leg Curl	2-3	12-15*	Legs
Incline Dumbbell Press	2-3	12-15*	Chest
Seated Cable Row	2-3	12-15*	Back
Seated Calf Raise	2-3	12-15*	Calves
Standing Calf Raise	2-3	12-15*	Calves
Standing Barbell Shoulder Press	2-3	12-15*	Shoulders
Barbell Shrug	2-3	12-15*	Traps
Reverse-Grip Triceps Pressdown	2-3	12-15*	Triceps
Dumbbell Hammer Curl	2-3	12-15*	Biceps
Barbell Behind-Back Wrist Curl	2-3	12-15*	Forearms
Cable Roundhouse Elbow	2-3	12-15*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 2, Day 1

Chest and Calves Focus

Exercise	Sets	Reps	Muscle Group
Bench Press	3	9-11*	Chest
Reverse-Grip Bench Press	2-3	9-11*	Chest
Incline Flye	2-3	9-11*	Chest
Cable Crossover	2-3	9-11*	Chest
Reverse-Grip Pulldown	2-3	9-11*	Back
Deadlift	2-3	9-11*	Legs
Dumbbell Upright Row	2-3	9-11*	Shoulders
Behind-The-Back Barbell Shrug	2-3	9-11*	Traps
Standing Calf Raise	2-3	9-11*	Calves
Seated Calf Raise	2-3	9-11*	Calves
Dumbbell Kickback	2-3	9-11*	Triceps
Behind-The-Back Cable Curl	2-3	9-11*	Biceps
Barbell Wrist Curl	2-3	9-11*	Forearms
Rope Crunch	2-3	9-11*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 2, Day 2

Back and Abs Focus

Exercise	Sets	Reps	Muscle Group
Bent-Over Barbell Row	3	9-11*	Back
Wide-Grip Pulldown	2-3	9-11*	Back
Standing Pulldown	2-3	9-11*	Back
Straight-Arm Pulldown	2-3	9-11*	Back
Dumbbell Bench Press	2-3	9-11*	Chest
Step-Up	2-3	9-11*	Legs
Dumbbell Rear Delt Flye	2-3	9-11*	Shoulders
Prone Incline Dumbbell Shrug	2-3	9-11*	Traps
Cable Toe Raise	2	9-11*	Calves
Dumbbell Overhead Triceps Extension	2-3	9-11*	Triceps
Dumbbell Concentration Curl	2-3	9-11*	Biceps
Dumbbell Reverse Wrist Curl	2-3	9-11*	Forearms
Hip Thrust	2-3	9-11*	Abs
Crunch	2-3	9-11*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 2, Day 3

Shoulders and Traps Focus

Exercise	Sets	Reps	Muscle Group
Dumbbell Shoulder Press	3	9-11*	Shoulders
Dumbbell Lateral Raise	2-3	9-11*	Shoulders
Cable Front Raise	2-3	9-11*	Shoulders
Cable Rear Delt Flye	2-3	9-11*	Shoulders
Dumbbell Shrug	2-3	9-11*	Traps
Straight-Arm Pushdown	2-3	9-11*	Traps
Dumbbell Row	2-3	9-11*	Back
Walking Lunge	2-3	9-11*	Legs
Leg Press Calf Raise	2-3	9-11*	Calves
Low-Pulley Cable Crossover	2-3	9-11*	Chest
Close-Grip Bench Press	2-3	9-11*	Triceps
Preacher Curl	2-3	9-11*	Biceps
Dumbbell Wrist Curl	2-3	9-11*	Forearms
Cable Woodchopper	2-3	9-11*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 2, Day 4

Triceps and Biceps Focus

Exercise	Sets	Reps	Muscle Group
Triceps Pressdown	3	9-11*	Triceps
Lying Triceps Extension	2-3	9-11*	Triceps
Cable Overhead Triceps Extension	2-3	9-11*	Triceps
Barbell Curl	3	9-11*	Biceps
Incline Dumbbell Curl	2-3	9-11*	Biceps
High Cable Curl	2-3	9-11*	Biceps
Barbell Hack Squat	2-3	9-11*	Legs
Cable Flye	2-3	9-11*	Chest
Straight-Arm Pulldown	2-3	9-11*	Back
Cable Lateral Raise	2-3	9-11*	Shoulders
Cable Shrug	2-3	9-11*	Traps
One Leg Standing Calf Raise	2-3	9-11*	Calves
Barbell Reverse Wrist Curl	2-3	9-11*	Forearms
Cable Oblique Pushdown	2-3	9-11*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

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Week 2, Day 5

Legs and Calves Focus

Exercise	Sets	Reps	Muscle Group
Squat	3	9-11*	Legs
One-Leg Leg Press	2-3	9-11*	Legs
Leg Extension	2-3	9-11*	Legs
Romanian Deadlift	2-3	9-11*	Legs
Lying Leg Curl	2-3	9-11*	Legs
Incline Dumbbell Press	2-3	9-11*	Chest
Seated Cable Row	2-3	9-11*	Back
Seated Calf Raise	2-3	9-11*	Calves
Standing Calf Raise	2-3	9-11*	Calves
Standing Barbell Shoulder Press	2-3	9-11*	Shoulders
Barbell Shrug	2-3	9-11*	Traps
Reverse-Grip Triceps Pressdown	2-3	9-11*	Triceps
Dumbbell Hammer Curl	2-3	9-11*	Biceps
Barbell Behind-Back Wrist Curl	2-3	9-11*	Forearms
Cable Roundhouse Elbow	2-3	9-11*	Abs

**After reaching failure on the last set, do one more rest-pause set to failure.*

Full-Split Training: The Best of Both Worlds

The muscle-building benefits of a body part split plus the fat-burning and conditioning prowess of full-body training – in one program.

For weeks 3 & 4 of this workout, click on this link: <https://www.jimstoppani.com/train-with-jim/full-body-shortcut-to-size>

To find additional Full-Split Training Programs I have written, click on this link:

<https://www.jimstoppani.com/train-with-jim/>

Thank you.