

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.



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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




Creighton, A. T., et al. The effects of two equal-volume training protocols upon strength, body composition and delivery hormones in male highly active persons. *Int J Sport Sci* 21:13-20 (2003).
Reardon, T., et al. Repeat/full-body strength and muscular adaptations in a greater extent when equal total training volume was divided into 4 compared to 2 full-body sessions per week. *Book of Abstracts, 12th Annual Conference of the ACSM*, 2012.

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Workout 1



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Workout 2

Exercise	Set	Reps	Muscle Group
Cable Crossover	2	12-15	Chest
Seated Cable Row	2	12-15	Back
Squat	2	20-25	Legs
Barbell Shoulder Press	2	12-15	Shoulders
Behind-Back Fly	2	12-15	Traps
Seated Cable Face	2	12-15	Chest
Close-Grip Bench Press	2	12-15	Triceps
Seated Dumbbell Curl	2	12-15	Triceps
Reverse Bicep Curl	2	12-15	Forearms
Smith Machine Ho-Tread	2	12-15	Ab

• ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, GOING BEST PRACTICE SET.

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Workout 3

Exercise	Set	Reps	Muscle Group
Bench Press	2	8-11	Chest
Pushups	2	15-21	Back
Reverse Bending Knee	2	8-11	Legs
Dumbbell Arm Abduct	2	8-11	Shoulders
Single-Arm Tricep	2	8-11	Traps
Leg Press Calf Raise	2	8-11	Chest
Barbell Dumbbell Triceps Extension	2	8-11	Triceps
Preacher Curl	2	8-11	Triceps
Ab Lat	2	8-11	Forearms
Hoop Crunch	2	8-11	Ab

• ON THE LAST SET OF EACH EXERCISE, AFTER REACHING FAILURE, GOING BEST PRACTICE SET.

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TABLE 1. 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	Eight-day training			Split-body training		
	Pre-training	Post-training	% change	Pre-training	Post-training	% change
2RM 1RM (kg)	102.6 ± 16.2	103.6 ± 15.8	7.3 ± 4.5**	105.1 ± 16.8	105.6 ± 16.2	7.4 ± 4.5**
5RM 1RM (kg)	126.6 ± 23.4	127.8 ± 22.7	7.4 ± 4.5**	131.1 ± 18.6	128.4 ± 21.5	5.4 ± 3.4*
RM (kg)	83.5 ± 11.0	83.2 ± 9.0	0.0 ± 1.6	85.4 ± 9.7	85.2 ± 9.3	-0.3 ± 1.0
RM (%)	16.0 ± 1.7	17.0 ± 1.7	23.2 ± 2.0**	17.0 ± 1.8	17.5 ± 1.3	2.2 ± 1.2**
RM (kg)	17.8 ± 1.2	18.8 ± 1.8	5.1 ± 1.5	17.5 ± 1.7	18.0 ± 1.3	1.2 ± 1.0
RM (%)	29.2 ± 1.7	29.3 ± 1.8	0.3 ± 1.1	29.4 ± 1.8	29.5 ± 1.5	0.4 ± 1.1
Testosterone (mg/dL)	82.3 ± 28.8	89.3 ± 42.5	11.6 ± 12.8	75.3 ± 28.7	84.7 ± 32.8	21.1 ± 22.7**
Cortisol (mg/dL)	2.81 ± 1.00	2.39 ± 1.00	-15.4 ± 16.5	1.65 ± 1.20	2.04 ± 1.08	23.0 ± 20.7*
TC (mg/dL)	169.4 ± 28.8	153.4 ± 34.0	-28.2 ± 15.0*	161.1 ± 31.0	167.7 ± 30.3	19.3 ± 40.8#

Notes: RM = 1RM, 2RM, 5RM, 10RM, 15RM, 20RM, 25RM, 30RM, 35RM, 40RM, 45RM, 50RM, 55RM, 60RM, 65RM, 70RM, 75RM, 80RM, 85RM, 90RM, 95RM, 100RM.
* Significant (p < 0.05), ** Significant (p < 0.01), # Significant (p < 0.001), ** Significant (p < 0.001).

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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



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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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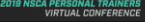
Full-Split Training – Greater Overall Volume

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

Exercise	Sets	Reps	Muscle Group
Bench Press	2	8-12	Chest
Pushups	2	8-12	Back
Reverse Lunge	2	8-12	Legs
Overhead Cable Crunch	2	8-12	Abdomen
Single Arm Pullover	2	8-12	Shoulder
Leg Press	2	8-12	Calves
Barbell Back Squat	2	8-12	Triceps
Row	2	8-12	Neck
Flat Sit	2	8-12	Forearm
Plank	2	8-12	Arm

Day 1

Exercise	Sets	Reps
Bench Press	4	12-15
Incline Dumbbell Flye	3	12-15
High Velocity Cable Crossover	3	12-15
Triceps Pushdown	2	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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Variables that can be altered:

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



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Exercise	Sets	Reps	Muscle Group
Bench Press	2	8-12	Chest
Pushups	2	8-12	Back
Reverse Lunge	2	8-12	Legs
Overhead Cable Crunch	2	8-12	Abdomen
Single Arm Pullover	2	8-12	Shoulder
Leg Press	2	8-12	Calves
Barbell Back Squat	2	8-12	Triceps
Row	2	8-12	Neck
Flat Sit	2	8-12	Forearm
Plank	2	8-12	Arm

Exercise	Sets	Reps	Muscle Group
Bench Press	2	8-12	Chest
Pushups	2	8-12	Back
Reverse Lunge	2	8-12	Legs
Overhead Cable Crunch	2	8-12	Abdomen
Single Arm Pullover	2	8-12	Shoulder
Leg Press	2	8-12	Calves
Barbell Back Squat	2	8-12	Triceps
Row	2	8-12	Neck
Flat Sit	2	8-12	Forearm
Plank	2	8-12	Arm

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Exercise	Reps	Weight	Rest
Push-Ups	2	50-10	None
Handstand Push-Ups	2	50-10	None
Weighted Pull-Ups	2	50-10	None
Weighted Dips	2	50-10	None
Weighted Lunges	2	50-10	None
Weighted Squats	2	50-10	None
Weighted Deadlifts	2	50-10	None
Weighted Rows	2	50-10	None
Weighted Tricep Extensions	2	50-10	None
Weighted Bicep Curls	2	50-10	None
Weighted Planks	2	50-10	None

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Exercise	Reps	Weight	Rest
Push-Ups	2	50-10	None
Handstand Push-Ups	2	50-10	None
Weighted Pull-Ups	2	50-10	None
Weighted Dips	2	50-10	None
Weighted Lunges	2	50-10	None
Weighted Squats	2	50-10	None
Weighted Deadlifts	2	50-10	None
Weighted Rows	2	50-10	None
Weighted Tricep Extensions	2	50-10	None
Weighted Bicep Curls	2	50-10	None
Weighted Planks	2	50-10	None

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Exercise	Reps	Weight	Rest
Push-Ups	2	50-10	None
Handstand Push-Ups	2	50-10	None
Weighted Pull-Ups	2	50-10	None
Weighted Dips	2	50-10	None
Weighted Lunges	2	50-10	None
Weighted Squats	2	50-10	None
Weighted Deadlifts	2	50-10	None
Weighted Rows	2	50-10	None
Weighted Tricep Extensions	2	50-10	None
Weighted Bicep Curls	2	50-10	None
Weighted Planks	2	50-10	None

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REP MAX RUNNER (150M RUNNER)				REP MAX RUNNER (150M RUNNER)			
Week 1 (Weeks 2, 3, 4, 5, 6, 7, 8, 9, 10)				Week 11 (Weeks 12, 13, 14, 15, 16, 17, 18, 19, 20)			
Exercise	Set	Reps	Temp	Exercise	Set	Reps	Temp
Deadlift	1	10		Deadlift	1	10	
Bench Press	1	10		Bench Press	1	10	
Squat	1	10		Squat	1	10	
Cardio				Cardio			
Shoulder Press	1	10		Shoulder Press	1	10	
Back Squat	1	10		Back Squat	1	10	
Row	1	10		Row	1	10	
Leg Press	1	10		Leg Press	1	10	
Lat Pull Down	1	10		Lat Pull Down	1	10	
Core				Core			
Cardio				Cardio			
Shoulder Press	1	10		Shoulder Press	1	10	
Back Squat	1	10		Back Squat	1	10	
Row	1	10		Row	1	10	
Leg Press	1	10		Leg Press	1	10	
Lat Pull Down	1	10		Lat Pull Down	1	10	
Core				Core			
Cardio				Cardio			
Shoulder Press	1	10		Shoulder Press	1	10	
Back Squat	1	10		Back Squat	1	10	
Row	1	10		Row	1	10	
Leg Press	1	10		Leg Press	1	10	
Lat Pull Down	1	10		Lat Pull Down	1	10	
Core				Core			
Cardio				Cardio			

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REP MAX RUNNER (150M RUNNER)			
Week 11 (Weeks 12, 13, 14, 15, 16, 17, 18, 19, 20)			
Exercise	Set	Reps	Temp
Deadlift	1	10	
Bench Press	1	10	
Squat	1	10	
Cardio			
Shoulder Press	1	10	
Back Squat	1	10	
Row	1	10	
Leg Press	1	10	
Lat Pull Down	1	10	
Core			
Cardio			
Shoulder Press	1	10	
Back Squat	1	10	
Row	1	10	
Leg Press	1	10	
Lat Pull Down	1	10	
Core			
Cardio			

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Ascending Drop Sets Full-Split				Ascending Drop Sets Full-Split			
Week 1 (Weeks 2, 3, 4, 5, 6, 7, 8, 9, 10)				Week 11 (Weeks 12, 13, 14, 15, 16, 17, 18, 19, 20)			
Exercise	Set	Reps	Temp	Exercise	Set	Reps	Temp
Deadlift	1	10, 10, 5, 5, 5		Deadlift	1	10, 10, 5, 5, 5	
Bench Press	1	10, 10, 5, 5, 5		Bench Press	1	10, 10, 5, 5, 5	
Squat	1	10, 10, 5, 5, 5		Squat	1	10, 10, 5, 5, 5	
Cardio				Cardio			
Shoulder Press	1	10, 10, 5, 5, 5		Shoulder Press	1	10, 10, 5, 5, 5	
Back Squat	1	10, 10, 5, 5, 5		Back Squat	1	10, 10, 5, 5, 5	
Row	1	10, 10, 5, 5, 5		Row	1	10, 10, 5, 5, 5	
Leg Press	1	10, 10, 5, 5, 5		Leg Press	1	10, 10, 5, 5, 5	
Lat Pull Down	1	10, 10, 5, 5, 5		Lat Pull Down	1	10, 10, 5, 5, 5	
Core				Core			
Cardio				Cardio			
Shoulder Press	1	10, 10, 5, 5, 5		Shoulder Press	1	10, 10, 5, 5, 5	
Back Squat	1	10, 10, 5, 5, 5		Back Squat	1	10, 10, 5, 5, 5	
Row	1	10, 10, 5, 5, 5		Row	1	10, 10, 5, 5, 5	
Leg Press	1	10, 10, 5, 5, 5		Leg Press	1	10, 10, 5, 5, 5	
Lat Pull Down	1	10, 10, 5, 5, 5		Lat Pull Down	1	10, 10, 5, 5, 5	
Core				Core			
Cardio				Cardio			

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Ascending Drop Sets Full-Split Week 1 (Monday & Friday, Calves Rest)			Ascending Drop Sets Full-Split Week 1 (Tuesday & Thursday, Traps Rest)		
Exercise	Reps	Rest	Exercise	Reps	Rest
Squat	3	10-15, 8, 5, 3, 1, 1	Lat Pulldown	3	10-15, 8, 5, 3, 1, 1
Leg Press	3	10-15, 8, 5, 3, 1, 1	Seated Dumbbell Press	3	10-15, 8, 5, 3, 1, 1
Leg Extension	3	10-15, 8, 5, 3, 1, 1	Seated Dumbbell Row	3	10-15, 8, 5, 3, 1, 1
Barbell Back Squat	3	10-15, 8, 5, 3, 1, 1	Barbell Bicep Curl	3	10-15, 8, 5, 3, 1, 1
Leg Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Front Squat	3	10-15, 8, 5, 3, 1, 1
Shoulder Press	3	10-15, 8, 5, 3, 1, 1	Barbell Bench Press	3	10-15, 8, 5, 3, 1, 1
Standing Leg Press	3	10-15, 8, 5, 3, 1, 1	Barbell Row	3	10-15, 8, 5, 3, 1, 1
Seated Leg Press	3	10-15, 8, 5, 3, 1, 1	Barbell Deadlift	3	10-15, 8, 5, 3, 1, 1
Front Squat	3	10-15, 8, 5, 3, 1, 1	Barbell Trap Bar Deadlift	3	10-15, 8, 5, 3, 1, 1
Barbell Bench Press	3	10-15, 8, 5, 3, 1, 1	Barbell Overhead Press	3	10-15, 8, 5, 3, 1, 1
Barbell Row	3	10-15, 8, 5, 3, 1, 1	Barbell Floor Press	3	10-15, 8, 5, 3, 1, 1
Barbell Deadlift	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Trap Bar Deadlift	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Overhead Press	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Floor Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Push Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Push Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Push Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1

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Exercise	Reps	Rest	Exercise	Reps	Rest
Squat	3	10-15, 8, 5, 3, 1, 1	Lat Pulldown	3	10-15, 8, 5, 3, 1, 1
Leg Press	3	10-15, 8, 5, 3, 1, 1	Seated Dumbbell Press	3	10-15, 8, 5, 3, 1, 1
Leg Extension	3	10-15, 8, 5, 3, 1, 1	Seated Dumbbell Row	3	10-15, 8, 5, 3, 1, 1
Barbell Back Squat	3	10-15, 8, 5, 3, 1, 1	Barbell Bicep Curl	3	10-15, 8, 5, 3, 1, 1
Leg Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Front Squat	3	10-15, 8, 5, 3, 1, 1
Shoulder Press	3	10-15, 8, 5, 3, 1, 1	Barbell Bench Press	3	10-15, 8, 5, 3, 1, 1
Standing Leg Press	3	10-15, 8, 5, 3, 1, 1	Barbell Row	3	10-15, 8, 5, 3, 1, 1
Seated Leg Press	3	10-15, 8, 5, 3, 1, 1	Barbell Deadlift	3	10-15, 8, 5, 3, 1, 1
Front Squat	3	10-15, 8, 5, 3, 1, 1	Barbell Trap Bar Deadlift	3	10-15, 8, 5, 3, 1, 1
Barbell Bench Press	3	10-15, 8, 5, 3, 1, 1	Barbell Overhead Press	3	10-15, 8, 5, 3, 1, 1
Barbell Row	3	10-15, 8, 5, 3, 1, 1	Barbell Floor Press	3	10-15, 8, 5, 3, 1, 1
Barbell Deadlift	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Trap Bar Deadlift	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Overhead Press	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Floor Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Push Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1
Barbell Push Press	3	10-15, 8, 5, 3, 1, 1	Barbell Curl	3	10-15, 8, 5, 3, 1, 1
Barbell Curl	3	10-15, 8, 5, 3, 1, 1	Barbell Shrug	3	10-15, 8, 5, 3, 1, 1
Barbell Shrug	3	10-15, 8, 5, 3, 1, 1	Barbell Push Press	3	10-15, 8, 5, 3, 1, 1

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Options to break up the "focus" muscle groups:

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

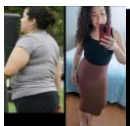


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How much Volume to program:

- 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	
Overhead	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	
Bridge Crunch	2-3	12-15*	Abs	

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

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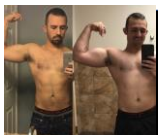
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Periodizing a Full-Split routine

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

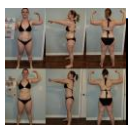


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Speeding up a Full-Split routine

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 Pull-down	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
Ripe Crunch	2-3	12-15*	Abx

*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 Pull-down	2-3	12-15*	Back
Standing Pull-down	2-3	12-15*	Back
Straight-Arm Pull-down	2-3	12-15*	Back
Dumbbell Bench Press	2-3	12-15*	Chest
Shrug-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*	Abx
Crunch	2-3	12-15*	Abx

*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 Pull-down	2-3	12-15*	Traps
Dumbbell Row	2-3	12-15*	Back
Walking Lunges	2-3	12-15*	Legs
Leg Press Calf Raise	2-3	12-15*	Calves
Low-Incline 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 Blood-Thropper	2-3	12-15*	Abx

*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 Neck 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
Shin Leg Standing Calf Raise	2-3	12-15*	Calfs
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 follow.



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Week 1, Day 5		Legs and Calves Focus	
Exercise	Sets	Reps	Muscle Group
Squat	2	12-15*	Legs
Shin Leg Press	2-3	12-15*	Legs
Leg Extension	2-3	12-15*	Legs
Pronated 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 Bentknee Elbow	2-3	12-15*	Abs

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



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Week 2, Day 1		Chest and Calves Focus	
Exercise	Sets	Reps	Muscle Group
Bench Press	3	8-11*	Chest
Reverse-Grip Bench Press	2-3	8-11*	Chest
Incline Flye	2-3	8-11*	Chest
Cable Crossover	2-3	8-11*	Chest
Reverse-Grip Pulldown	2-3	8-11*	Back
Shrug	2-3	8-11*	Legs
Dumbbell Upright Row	2-3	8-11*	Shoulders
Behind The Back Barbell Shrug	2-3	8-11*	Traps
Standing Calf Raise	2-3	8-11*	Calves
Seated Calf Raise	2-3	8-11*	Calves
Dumbbell Kickback	2-3	8-11*	Triceps
Behind The Back Cable Curl	2-3	8-11*	Biceps
Barbell Wrist Curl	2-3	8-11*	Forearms
Shrug Crush	2-3	8-11*	Abs

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



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Week 2, Day 2		Back and Abs Focus	
Exercise	Sets	Reps	Muscle Group
Best Over Barbell Row	3	8-11*	Back
Wide Grip Pulldowns	2-3	8-11*	Back
Standing Pulldowns	2-3	8-11*	Back
Straight-Arm Pulldowns	2-3	8-11*	Back
Dumbbell Bench Press	2-3	8-11*	Chest
Step-Up	2-3	8-11*	Legs
Dumbbell Rear Delt Flys	2-3	8-11*	Shoulders
Prone Incline Dumbbell Shrug	2-3	8-11*	Traps
Cable Toe Raises	2	8-11*	Calves
Dumbbell Overhead Triceps Extension	2-3	8-11*	Triceps
Dumbbell Concentration Curl	2-3	8-11*	Biceps
Dumbbell Reverse Wrist Curl	2-3	8-11*	Forearms
Hip Thrust	2-3	8-11*	Glts
Crunch	2-3	8-11*	Abs

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Week 2, Day 3		Shoulders and Traps Focus	
Exercise	Sets	Reps	Muscle Group
Dumbbell Shoulder Press	3	8-11*	Shoulders
Dumbbell Lateral Raise	2-3	8-11*	Shoulders
Cable Front Raise	2-3	8-11*	Shoulders
Cable Rear Delt Flys	2-3	8-11*	Shoulders
Dumbbell Shrug	2-3	8-11*	Traps
Straight-Arm Pushdowns	2-3	8-11*	Traps
Dumbbell Row	2-3	8-11*	Back
Walking Lunge	2-3	8-11*	Legs
Leg Press Calf Raise	2-3	8-11*	Calves
Low-Pulley Cable Crossover	2-3	8-11*	Chest
Close-Grip Bench Press	2-3	8-11*	Triceps
Preacher Curl	2-3	8-11*	Biceps
Dumbbell Wrist Curl	2-3	8-11*	Forearms
Cable Woodchopper	2-3	8-11*	Abs

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Week 2, Day 4		Triceps and Biceps Focus	
Exercise	Sets	Reps	Muscle Group
Triceps Pushdowns	3	8-11*	Triceps
Lying Triceps Extension	2-3	8-11*	Triceps
Cable Overhead Triceps Extension	2-3	8-11*	Triceps
Barbell Curl	3	8-11*	Biceps
Incline Dumbbell Curl	2-3	8-11*	Biceps
High Cable Curl	2-3	8-11*	Biceps
Barbell Hack Squat	2-3	8-11*	Legs
Cable Flys	2-3	8-11*	Chest
Straight-Arm Pulldown	2-3	8-11*	Back
Cable Lateral Raise	2-3	8-11*	Shoulders
Cable Shrug	2-3	8-11*	Traps
One Leg Standing Calf Raise	2-3	8-11*	Calves
Barbell Reverse Wrist Curl	2-3	8-11*	Forearms
Cable Oblique Pushdowns	2-3	8-11*	Abs

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Week 2, Day 5 **Legs and Calves Focus**

Exercise	Sets	Reps	Muscle Group
Squat	3	8-11*	Legs
One-Leg Leg Press	2-3	8-11*	Legs
Leg Extension	2-3	8-11*	Legs
Extension Deadlift	2-3	8-11*	Legs
Spring Leg Curl	2-3	8-11*	Legs
Decline Dumbbell Press	2-3	8-11*	Chest
Seated Cable Row	2-3	8-11*	Back
Seated Calf Raise	2-3	8-11*	Calves
Standing Calf Raise	2-3	8-11*	Calves
Standing Dumbbell Shoulder Press	2-3	8-11*	Shoulders
Burpee Drop	2-3	8-11*	Traps
Reverse Grip Triceps Pressdown	2-3	8-11*	Triceps
Dumbbell Hammer Curl	2-3	8-11*	Biceps
Burpee Behind-Back Wide Curl	2-3	8-11*	Forearms
Cable Floorhouse Elbow	2-3	8-11*	Abx

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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.

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