



Periodization & Program Design

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Program Design

- Individualizing structure training to help the client achieve a specific goal

The image features a solid red background. Three thick, white diagonal stripes run from the top-left towards the bottom-right. The stripes are parallel and spaced evenly. In the lower-middle section of the image, the words "Strength Qualities" are written in a bold, white, sans-serif font.

Strength Qualities

Repetitions, Intensity & Training Effect Relationship

- **Relative Strength: Strength increase through enhanced neural drive**

Number of Repetitions

1
2
3
4
5

% of Maximum

100
94.3
90.6
88.1
85.6

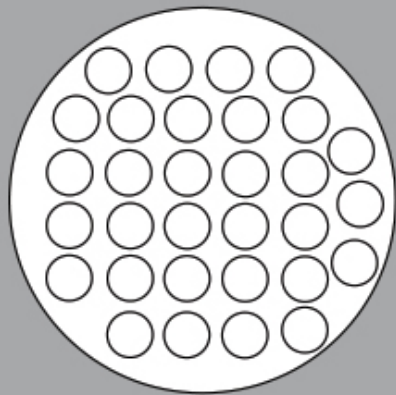
Repetitions, Intensity & Training Effects Relationship

- **Functional Hypertrophy: Optimal compromise of strength and hypertrophy gains**

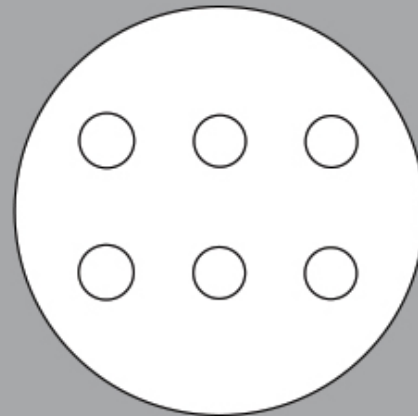
Number of Repetitions	% of Maximum
6	83.1
7	80.7
8	78.6

Myofibrillar vs. Sarcoplasmic Hypertrophy

Myofibrillar Hypertrophy vs. Sarcoplasmic Hypertrophy



Myofibrillar: Functional Hypertrophy



Sarcoplasmic: Non-functional Hypertrophy

Repetitions, Intensity & Training Effect Relationships

- Hypertrophy: Hypertrophy gains with a slight increase in strength

Number of Repetitions

9
10
11
12

% of Maximum

76.5
74.4
72.3
70.3

Repetitions, Intensity & Training Effects Relationship

- **Strength Endurance:** Strength endurance gains and lower hypertrophy gains

Number of Repetitions

13
14
15
16
17
18
19
20

% of Maximum

68.8
67.5
66.2
65.0
63.8
62.7
61.6
60.6

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Periodization Models



Linear Periodization

Phase	Reps	Sets	% 1RM
1	10	3	75
2	6	5	83
3	4	6	88
4	1	8	> 90

Accumulation & Intensification Phases: Relative Strength

Weeks	1-2	3-4	5-6	7-8	9-10	11-12
Reps	6 - 8	4-6	5-7	2-4	3-5	1-3
Sets	4	6	5	6	6	8
Rest	180 sec	300 sec	240 sec	300 sec	240 sec	300 sec
Intensity	78-82%	82-88%	80-85%	88-95%	85-90%	90-95%

Accumulation & Intensification Phases: Absolute Strength (Males)

Weeks	1-2	3-4	5-6	7-8	9-10	11-12
Reps	10-12	4-6	8-10	3-5	5-7	2-3
Sets	3	5	4	5	4	6
Rest	90 sec	240 sec	120 sec	300 sec	240 sec	300 sec
Intensity	70-75%	82-88%	75-78%	85-90%	80-85%	90-95%

Accumulation & Intensification Phases: Absolute Strength (Females)

Weeks	1-2	3-4	5-6	7-8	9-10	11-12
Reps	10-12	6-8	8-10	4-6	6-8	3-5
Sets	3	4	4	5	4	5
Rest	90 sec	240 sec	180 sec	300 sec	240 sec	300 sec
Intensity	70-75%	78-82%	75-78%	82-88%	80-85%	85-90%

Accumulation & Intensification Phases: Strength Endurance & Hypertrophy

Weeks	1-2	3-4	5-6	7-8	9-10	11-12
Reps	15-20	10-12	12-15	6-8	8-10	4-6
Sets	3	4	3	4	4	5
Rest	45 sec	120 sec	90 sec	180 sec	120 sec	240 sec
Intensity	60-65%	70-75%	65-70%	78-82%	75-78%	82-88%

Relationship Between Various Loading Parameters

Reps	Sets	% of 1RM	Rest Intervals (sec)	Speed of Execution
2-3	6-12	90-95	180-300	Moderate to Explosive
4-7	5-10	80-88	120-180	Moderate to Explosive
8-10	4-8	70-78	90-120	Moderate to Fast
> 11	3-6	< 72.5	10-90	Moderate



Verification # 1: Repetition Check

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	90 sec
A2. Unilateral Leg Curl	4	6-8	4010	90 sec
B1. Front Step-up	3	10-12	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec



Verification # 2: Set Check

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	90 sec
A2. Unilateral Leg Curl	4	6-8	4010	90 sec
B1. Front Step-up	3	10-12	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec



Quiz # 1: Repetitions & Sets

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	4010	90 sec
A2. Parallel-grip Seated Row	4	10-12	4010	90 sec
B1. Seated DB Press	5	6-8	3010	75 sec
B2. Supinated Pulldown	5	12-15	4020	75 sec

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Rest & Recovery Rates

Recovery Rates & Training Methods

Rest Period (sec)	Recovery Rate	Training Method
0-30	< 50% Metabolic	Strength Endurance Hypertrophy
30-120	> 90% Metabolic	General Strength F. Hypertrophy
120-180	Near Complete Metabolic	F. Hypertrophy Relative Strength
180-300	Near Complete Neural	Relative Strength Power/SSC
300-600	Complete Neural	Max Strength Power/SSC

Recovery Rates: ATP/CP

Rest Period (sec)

30
60
80
120
160
180

ATP Replenished %

50
87.5
93.7
98.4
99.6
99.8

Recovery Rates: Rest Period Variations

	Metabolic	Neural
10 sec	75 sec	180 sec
15 sec	90 sec	240 sec
30 sec	100 sec	300 sec
45 sec	120 sec	-
60 sec	150 sec	-



Verification # 3A: Rest Periods Check

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	90 sec
A2. Unilateral Leg Curl	4	6-8	4010	90 sec
B1. Front Step-up	3	10-12	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec

Verification # 3B: Uni vs. Bilateral Rest Period Check

Single Exercise:

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A. Back Squat	5	8-10	4010	100 sec

Superset Exercises:

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Back Squat	4	8-10	4010	75 sec
A2. Unilateral Leg Curl	4	6-8	4010	75 sec

Verification # 3C: Male/Female Rest Period Check

Male:

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	75 sec
A2. Unilateral Leg Curl	4	6-8	4010	75 sec

Female:

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	60 sec
A2. Unilateral Leg Curl	4	6-8	4010	60 sec



Quiz # 2: Rest Periods

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	4010	120 sec
A2. Parallel-grip Seated Row	4	10-12	4010	120 sec
B1. Seated DB Press	5	10-12	3010	150 sec
B2. Supinated Pulldown	5	12-15	4020	150 sec

The image features a solid red background. Three thick, white diagonal stripes run from the bottom-left towards the top-right. The stripes are parallel and spaced evenly. The text "Time Under Tension" is centered in the lower half of the image in a bold, white, sans-serif font.

Time Under Tension

Tempo of Execution: Interpretation

TEMPO

4 2 1 0

L
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P
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R
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- How it looks:
 - Slow controlled lowering (4 sec)
 - Medium pause (2 sec)
 - Fast return (1 sec)
 - Immediately repeat lift again (0 sec)

Time Under Tension & Training Methods

Time Under Tension (sec)	Reps	Training Method
1-20	1-5	Spower/SSC Relative Strength
20-40	6-8	Absolute Strength Neural Hypertrophy
40-70	8-12	Metabolic Hypertrophy General Fitness
> 70	13 +	General Fitness Strength Endurance



Verification # 4: Time Under Tension Check

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	90 sec
A2. Unilateral Leg Curl	4	6-8	4010	90 sec
B1. Front Step-up	3	12-15	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec



Quiz # 3: Time Under Tension

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	2010	75 sec
A2. Parallel-grip Seated Row	4	10-12	4010	75 sec
B1. Seated DB Press	4	10-12	4040	75 sec
B2. Supinated Pulldown	4	12-15	4020	75 sec



Quiz # 4: Comprehensive Quiz

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Incline DB Press	4	8-10	2020	90 sec
A2. Kneeling DB Row	4	10-12	4010	90 sec
B1. Decline DB Press	5	5-7	4040	100 sec
B2. Pronated Pulldown	5	12-15	4020	100 sec

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Loading Patterns



Straight Sets

Sets	Reps	Weight
1	8	200 lbs/91 kg
2	8	200 lbs/91 kg
3	8	200 lbs/91 kg
4	6	200 lbs/91 kg



Straight Sets

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8	4010	90 sec
A2. Unilateral Leg Curl	4	6	4010	90 sec
B1. Front Step-up	3	10	2010	75 sec
B2. Seated Good Morning	3	12	4020	75 sec



Straight Sets- 3 Rep Window

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	8-10	4010	90 sec
A2. Unilateral Leg Curl	4	6-8	4010	90 sec
B1. Front Step-up	3	10-12	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec



Commonly Prescribed Rep Windows

Relative Strength	Functional Hypertrophy	Hypertrophy	Strength Endurance
1-3	5-7	8-10	15-20
2-4	6-8	10-12	20-25
3-5	-	12-15	25-30
4-6	-	-	-



Flat Pyramid Sets

Sets	Reps	Weight
1	8	90 lbs/41 kg
2	8	95 lbs/43 kg
3	8	100 lbs/45.5 kg
4	6	105 lbs/48 kg



Ascending/Descending Sets

Sets	Ascending Reps	Descending Reps
1	4	15
2	6	10
3	8	8
4	10	6



Descending Sets

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Back Squat	4	15,10,8,6	4010	75 sec
A2. Leg Curl	4	15,10,8,6	4010	75 sec
B1. Front Step-up	3	10-12	2010	75 sec
B2. Seated Good Morning	3	12-15	4020	75 sec

Broad Pyramid

Sets	Hypertrophy*	Functional* Hypertrophy	Relative* Strength
1	15	8	5
2	10	6	3
3	8	4	2
4	8	4	2
5	10	6	3
6	15	8	5

* Number of reps



Broad Pyramid

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	8,6,4,4,6,8	4010	100 sec
A2. Wide-grip Pull-up	6	8,6,4,4,6,8	4010	100 sec
B1. Incline DB Press	4	6-8	4010	90 sec
B2. Seated Rope Cable Row	4	6-8	4011	90 sec

Plateau System: Descending

Sets	Beginner*	Intermediate*	Advanced*
1	15	12	10
2	15	12	10
3	12	10	8
4	12	10	8
5	10	8	6
6	10	8	6

* Number of reps



Plateau System: Descending

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	10,10,8,8,6,6	4010	90 sec
A2. Wide-grip Pull-up	6	10,10,8,8,6,6	4010	90 sec
B1. Incline DB Press	3	10-12	4010	75 sec
B2. Seated Rope Cable Row	3	10-12	4011	75 sec

Plateau System: Ascending

Sets	Beginner*	Intermediate*	Advanced*
1	6	5	3
2	6	5	3
3	8	7	5
4	8	7	5
5	10	9	7
6	10	9	7

* Number of reps



Plateau System: Ascending

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	3,3,5,5,7,7	4010	100 sec
A2. Wide-grip Pull-up	6	3,3,5,5,7,7	4010	100 sec
B1. Incline DB Press	4	5-7	4010	90 sec
B2. Seated Rope Cable Row	4	5-7	4011	90 sec

Plateau System: Progressive

Sets	Beginner*	Intermediate*	Advanced*
1	10	8	6
2	10	8	6
3	8	6	4
4	8	6	4
5	12	10	8
6	12	10	8

* Number of reps



Plateau System: Progressive

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	10,10,8,8,12,12	4010	90 sec
A2. Wide-grip Pull-up	6	10,10,8,8,12,12	4010	90 sec
B1. Incline DB Press	4	10-12	4010	60 sec
B2. Seated Rope Cable Row	4	10-12	4011	60 sec

Stage System

Sets	A*	B*	C*
1	2	2	1
2	2	2	1
3	4	3	1
4	4	3	1
5	6	3	1
6	6	-	5 x 3

* Number of reps



Stage System 1

<u>Exercise</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Front Squat	2 x 2, 3 x 3	4010	150 sec
A2. Leg Curl	2 x 2, 3 x 3	4010	150 sec
B1. Back Squat	5 4-6	4010	100 sec
B2. Horizontal Back Extension	5 6-8	4010	100 sec



Stage System 2

<u>Exercise</u>	<u>Sets x Reps</u>	<u>Tempo</u>	<u>Rest</u>
A. Back Squat	5 x 1, 5 x 3	40X0	180 sec
B1. BB Lunge	4 6-8	40X0	100 sec
B2. Leg Curl	4 4-6	4010	100 sec

Wave Loading: Relative Strength

Sets	Beginner*	Intermediate*	Advanced*
1	7	5	3
2	6	4	2
3	5	3	1
4	7	5	3
5	6	4	2
6	5	3	1

* Number of reps

Wave Loading: Relative Strength

Sets	Beginner*	Load	Rest (sec)
1	7	100 lbs/45.5 kg	100
2	6	105 lbs/48 kg	100
3	5	110 lbs/50 kg	100
4	7	102.5 lbs/47 kg	100
5	6	107.5 lbs/49kg	100
6	5	112.5 lbs/51 kg	100

* Number of reps

Wave Loading: Relative Strength

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	3,2,1,3,2,1	40X0	120 sec
A2. Parallel-grip Chin-up	6	3,2,1,3,2,1	40X0	120 sec
B1. Incline DB Press	5	5-7	4010	100 sec
B2. One-arm DB Row	5	5-7	4010	100 sec

Wave Loading: Hypertrophy & Strength

Sets	Beginner*	Intermediate*	Advanced*
1	12	10	8
2	10	8	6
3	8	6	4
4	12	10	8
5	10	8	6
6	8	6	4

* Number of reps

Wave Loading: Hypertrophy & Strength

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	12,10,8,12,10,8	4010	90 sec
A2. Seated Rope Cable Row	6	12,10,8,12,10,8	4010	90 sec
B1. Incline DB Press	4	10-12	4010	75 sec
B2. Supinated-grip Pulldown	4	10-12	4010	75 sec

Wave Loading: Hypertrophy & Strength Endurance

Sets	Beginner*	Intermediate*	Advanced*
1	20	18	15
2	15	12	10
3	12	10	8
4	20	18	15
5	15	12	10
6	12	10	8

* Number of reps

Wave Loading: Hypertrophy & Strength Endurance

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Mid-grip BB Press	6	15,10,8,15,10,8	4010	75 sec
A2. Seated Rope Cable Row	6	15,10,8,15,10,8	4010	75 sec
B1. Incline DB Press	4	12-15	4010	60 sec
B2. Supinated-grip Pulldown	4	12-15	4010	60 sec

Wave Loading: Functional Hypertrophy & Strength

Sets	Beginner*	Intermediate*	Advanced*
1	10	8	6
2	8	6	4
3	6	4	2
4	10	8	6
5	8	6	4
6	6	4	2

* Number of reps

Wave Loading: Functional Hypertrophy & Strength

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Thick Bar Close-grip Press	6	8,6,4,8,6,4	4010	90 sec
A2. Scott EZ-bar Curl	6	8,6,4,8,6,4	4010	90 sec
B1. Lying EZ-bar Triceps Extension	4	6-8	3110	75 sec
B2. Incline Commerford Curl	4	6-8	4010	75 sec

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Favorite Loading Patterns

Strength Endurance & Hypertrophy

Mode	Sets x Reps
German Volume Training	10 x 10
Hypertrophy 1	1 x 10-12 3 x 8
Hypertrophy 2	1 x 12 1 x 10 1 x 8 1 x 12
Muscular Endurance 1	1 x 20 1 x 12-15 1 x 10-12 1 x 12
Muscular Endurance 2	3 x 20 1 x 30

Accumulation Phases

Mode	Sets x Reps
Wave Loading 1	2-3 x 10,8,6
Wave Loading 2	2-3 x 8,6,4
Verhoshansky Method	2-3 x 10 2-3 x 5 2-3 x 3
Paler Method 1	2 x 10 3 x 6
Paler Method 2	3 x 6 2 x 10
Heavy-Light Method	4-5 x 5-7 4-5 x 10-12
Harre er al. (1989)	3-5 x 8-10

Intensification Phases

Mode

Wave Loading 1
Wave Loading 2
Kulesza Method
Paler Method 1
Paler Method 2
Harre er al. (1989)

Sets x Reps

2-4 x 3,2,1
2-4 x 5,3,2
1 x 3 1 x 3 1 x 2 1 x 1 1 x 2-3
3 x 5 3 x 3
3 x 3 2 x 2
3 x 3 2 x 2 1 x 1

The image features a solid red background with three thick, white diagonal stripes that run from the top-left towards the bottom-right. The stripes are parallel and spaced evenly across the upper portion of the frame.

Periodization Made Easy



Step 1: Repetitions

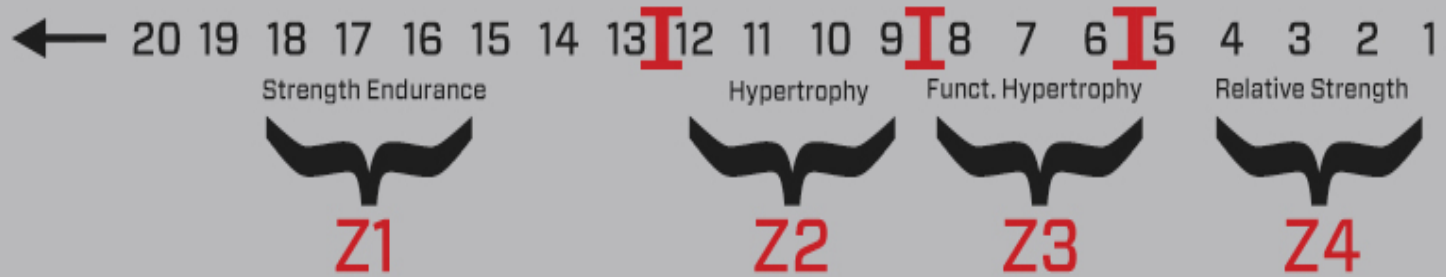
← 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Step 2: Strength Qualities

← 20 19 18 17 16 15 14 13 **I** 12 11 10 9 **I** 8 7 6 **I** 5 4 3 2 1

Strength Endurance Hypertrophy Funct. Hypertrophy Relative Strength

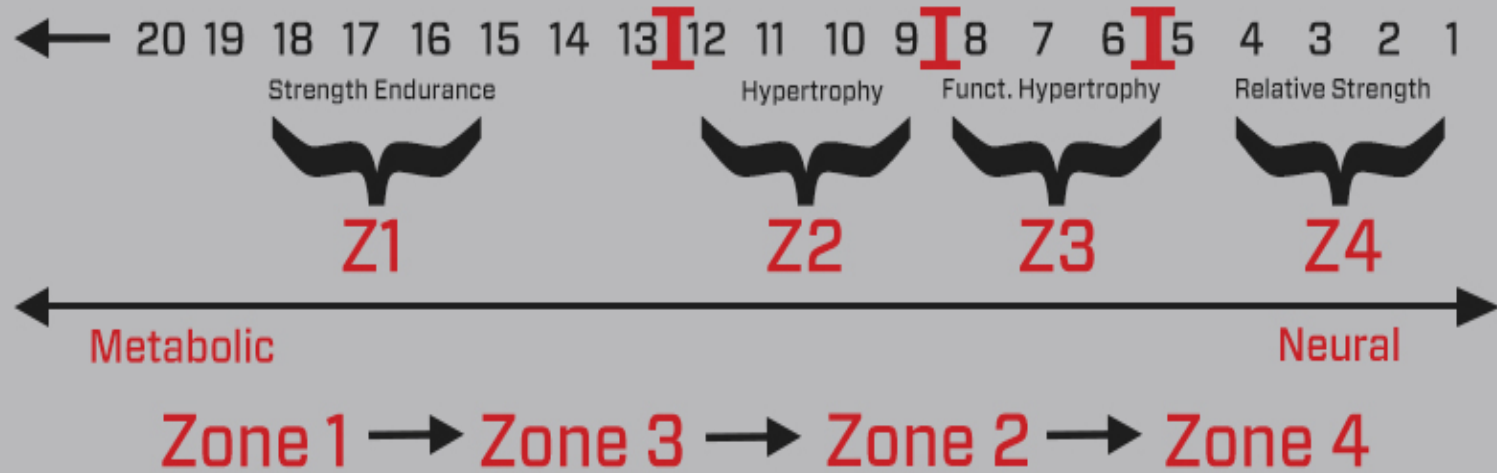
Step 3: Zones



Step 4: Metabolic - Neural Reps



Step 5: Alternating Zone Selection





Accumulation & Intesification Phases: Strength Endurance & Hypertrophy

Cycle	Accum 1*	Inten1*	Accum 2*	Inten 2*
1	20-25	8-10	12-15	6-8
2	12-15	5-7	10-12	4-6
3	15-18	7-9	13-15	5-7

* Number of reps

Accumulation & Intensification Phases: Functional Hypertrophy

Cycle	Accum 1*	Inten1*	Accum 2*	Inten 2*
1	12-15	5-7	8-10	4-6
2	8-10	3-5	6-8	-
3	10-12	4-6	7-9	3-5

* Number of reps

Accumulation & Intensification Phases: Relative Strength

Cycle	Accum 1*	Inten1*	Accum 2*	Inten 2*
1	6-8	3-5	5-7	2-3
2	4-6	2-3	3-5	1-2
3	5-7	3-4	4-6	1-3

* Number of reps

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Exercise Selection



Lower Body Introduction

Quadriceps Dominant

- Remedial Step-up
- Step-up
- Split Squat
- Lunge
- Squat
- Olympic Accessories
- Plyometrics



Lower Body Introduction

Posterior Chain Dominant

- Knee Flexion
- Hip Extension
 - 45° Back Extension
 - Romanian Deadlift (RDL)
 - Good Morning



Accumulation 1

A1. Step-up

A2. Unilateral Leg Curl

B1. Remedial Step-up

B2. 45° Back Extension

C. Seated Calf Raise



Intensification 1

A1. Split Squat

A2. Leg Curl

B1. Step-up

B2. Romanian Deadlift

C1. Remedial Step-up

C2. Standing Calf Raise



Accumulation 2

A1. Lunge

A2. Leg Curl

B1. Step-up

B2. Horizontal Back Extension

C. Standing Calf Raise



Intensification 2

A. Back Squat

B1. Lunge

B2. Leg Curl

C1. Step-up

C2. Glute-Hamstring Raise



Accumulation 3

A. Clean Pull from Hang

B1. Back Squat

B2. Leg Curl



Upper Body Introduction

Horizontal Exercises

- Horizontal Push
- Horizontal Pull

Vertical Exercises

- Vertical Push
- Vertical Pull

Remedial Exercises

- External Rotation
- Trap 3



Accumulation 1

A1. DB Decline Press

A2. DB Kneeling Row

B1. DB Unilateral Standing Press

B2. Mid-grip Pronated Pulldown

C1. External Rotation

C2. Trap 3 Raise



Intensification 1

A1. DB Flat Press

A2. Seated Cable Row

B1. DB Standing Press

B2. Mid-grip Supinated Pulldown

C1. External Rotation

C2. Trap 3 Raise



Accumulation 2

A1. BB Decline Press

A2. Seated Machine Row

B1. DB Seated Press

B2. Neutral-grip Chin-up

C1. External Rotation

C2. Trap 3 Raise



Intensification 2

A1. DB Incline Press

A2. Seated Cable Row

B1. DB Flat Press

B2. Wide-grip Pronated Pulldown

The image features a solid red background with three prominent white diagonal stripes that run from the top-left towards the bottom-right. These stripes are parallel and spaced evenly across the upper portion of the frame. Centered in the lower half of the image is the text "Training Splits" in a bold, white, sans-serif font.

Training Splits



Training Split 1: Total Body

- Day 1: Total Body
- Day 2: Off
- Day 3: Total Body
- Day 4: Off
- Day 5: Total Body
- Day 6: Off
- Day 7: Off



Training Split 2: Upper & Lower Body

- Day 1: Lower Body
- Day 2: Upper Body
- Day 3: Off
- Day 4: Lower Body
- Day 5: Upper Body
- Day 6: Off
- Day 7: Off



Training Split 3: Sectional A

- Day 1: Chest and Back
- Day 2: Legs
- Day 3: Off
- Day 4: Arms
- Day 5: Off
- Day 6: Repeat



Training Split 4: Sectional B

- Day 1: Arms
- Day 2: Legs
- Day 3: Off
- Day 4: Chest and Back
- Day 5: Off
- Day 6: Repeat

The image features a solid red background with three prominent white diagonal stripes that run from the bottom-left towards the top-right. The stripes are parallel and spaced evenly across the upper portion of the frame.

Case Study



“Steve”

- 35 years old, single
- Former High School football player
- Resistance trained in High School and College
- Other than “cardio” three times weekly, hasn’t resistance trained since college
- Business executive
- Has financial resources for nutritious foods and supplementation



Accumulation 1: Lower Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Split Squat	4	10-12	4010	75 sec
A2. Unilateral Leg Curl	4	10-12	4010	75 sec
B1. Step-up	3	15-20	2010	60 sec
B2. 45° Back Extension	3	12-15	4010	60 sec
C. Seated Calf Raise	3	15-20	2210	75 sec



Accumulation 1: Upper Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. DB Decline Press	4	12-15	4010	75 sec
A2. DB Kneeling Unilateral Row	4	12-15	4010	75 sec
B1. DB Unilateral Standing Press	3	12-15	4010	60 sec
B2. Mid-grip Pronated Pulldown	3	12-15	4010	60 sec
C1. DB External Rotation Elbow on Knee	3	10-12	4010	60 sec
C2. 45° Trap 3 Raise	3	10-12	4010	60 sec



Intensification 1: Lower Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. DB Lunge	4	10-12	4010	75 sec
A2. Leg Curl	4	10-12	4010	75 sec
B1. Step-up	3	15-20	2010	60 sec
B2. Horizontal Back Extension	3	12-15	4010	60 sec



Intensification 1: Upper Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. DB Flat Press	4	6-8	4010	90 sec
A2. Seated Cable Row	4	8-10	4011	90 sec
B1. DB Standing Press	3	8-10	4010	75 sec
B2. Mid-grip Supinated Pulldown	3	10-12	4010	75 sec
C1. DB Seated Hammer Curl	3	10-12	3010	60 sec
C2. Bent-over Rear Lateral Raise	3	12-15	4010	60 sec



Accumulation 2: Lower Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A. Back Squat	4	8-10	4010	90 sec
B1. Lunge	4	8-10	4010	75 sec
B2. Leg Curl	4	8-10	5010	75 sec
C1. Step-up	3	10-12	3010	60 sec
C2. Seated Good Morning	3	10-12	3020	60 sec



Accumulation 2: Upper Body

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. BB Decline Press	4	8-10	4010	75 sec
A2. Bent-over BB Row	4	8-10	4011	75 sec
B1. Arnold Press	3	10-12	4010	75 sec
B2. Neutral-grip Pulldown	3	10-12	4010	75 sec
C1. DB Decline Triceps Extension	3	10-12	3010	60 sec
C2. DB Elbow Supported External Rotation	3	10-12	4010	60 sec



Case Study Assignments

- Look at your assignments for 2 Case Studies you will be writing programs for- “Cathy” and “Dennis”
- With the information design each of them a 12-week training program which will help them achieve their goals



Foundations of Periodization & Program Design

Quiz Answers



Quiz # 1: Repetitions & Sets

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	4010	90 sec
A2. Parallel-grip Seated Row	4	10-12	4010	90 sec
B1. Seated DB Press	5	6-8	3010	75 sec
B2. Supinated Pulldown	5	12-15	4020	75 sec



Quiz # 2: Rest Periods

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	4010	120 sec
A2. Parallel-grip Seated Row	4	10-12	4010	120 sec
B1. Seated DB Press	5	10-12	3010	150 sec
B2. Supinated Pulldown	5	12-15	4020	150 sec



Quiz # 3: Time Under Tension

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Decline BB Press	4	8-10	2010	75 sec
A2. Parallel-grip Seated Row	4	10-12	4010	75 sec
B1. Seated DB Press	4	10-12	4040	75 sec
B2. Supinated Pulldown	4	12-15	4020	75 sec



Quiz # 4: Comprehensive Quiz

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Tempo</u>	<u>Rest</u>
A1. Incline DB Press	4	8-10	2020	90 sec
A2. Kneeling DB Row	4	10-12	4010	90 sec
B1. Decline DB Press	5	5-7	4040	100 sec
B2. Pronated Pulldown	5	12-15	4020	100 sec



Quiz # 1: Answers

- **B Series Errors:**
 - The sets are a greater number than A Series
 - B1 Exercise has a more intensive rep range than A1



Quiz # 2: Answers

- **A Series Error**
 - The rest is too long. Ideally it should be 90 sec
- **B Series Error**
 - The rest is greater in the B Series than A Series
 - Rest period is also too long



Quiz # 3: Answers

- **Errors**
 - **A1 Exercise:** TUT is too short. To fit into hypertrophy, the TUT must be 40-70 sec
 - **B1 Exercise:** TUT is too long. To fit into hypertrophy, the TUT must be 40-70 sec



Quiz # 4: Answers

- **A Series Errors**
 - A1 Exercise: TUT is too short
- **B Series Errors**
 - The sets are greater than in the A Series
 - The B1 rep range is more intensive than A1
 - The rest periods are longer than in the B Series