

5-Day Split Chart

Day 1: Upper Body: Chest

| Body Part | # Exercises Per Body Part | Type of Movement | Exercise Example | Set # | Beginner Reps/Weight | Intermediate Reps/Weight | Advanced Reps/Weight |
|-----------|---------------------------|----------------------------|------------------------------------|-------|----------------------|--------------------------|----------------------|
| Chest | 5 | 1st exercise: Multi-joint | Incline Chest Press | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 8 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 8 – Heavy | 8 – Heavy | 8 – Heavy |
| | | | | 5 | | 24 - Light | 24 - Light |
| | | 2nd exercise: Multi-joint | Seated Chest Press | 1 | 10 – Med-Heavy | 10 – Med-Heavy | 12 – Medium |
| | | | | 2 | 10 – Med-Heavy | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 10 – Med-Heavy | 10 – Med-Heavy | 24 - Light |
| | | 3rd exercise: Multi-joint | Decline Push-ups/ Decline Press | 1 | 15 – Light | 10 – Med-Heavy | 15 x bodyweight |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 15 x bodyweight |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 15 x bodyweight |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 15 x bodyweight |
| | | 4th exercise: Single-joint | Chest Fly | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 10 – Med-Heavy | 8 – Heavy | 8 – Heavy |
| | | 5th exercise: Single-joint | Cable Fly | 1 | 12 – Medium | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 12 – Medium |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 15 – Light |
| Abs | 1 | Single-joint | Crunches | 1 | 15 x | 15 – weighted | 15 – weighted |
| | | | | 2 | 20 x | 20 x | 15 – weighted |
| | | | | 3 | 20 x | 25 x | 15 – weighted |
| | | | | 4 | 25 x | 25 x | 15 – weighted |

Day 2: Upper Body: Back

| Body Part | # Exercises Per Body Part | Type of Movement | Exercise Example | Set # | Beginner Reps/Weight | Intermediate Reps/Weight | Advanced Reps/Weight |
|------------|---------------------------|----------------------------|------------------|-------------|----------------------|--------------------------|----------------------|
| Back | 5 | 1st exercise: Multi-joint | Seated Row | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 8 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 8 – Heavy | 8 – Heavy | 8 – Heavy |
| | | | | 5 | | 24 - Light | 24 - Light |
| | | 2nd exercise: Multi-joint | Lat Pull-down | 1 | 15 – Light | 10 – Med-Heavy | 15 – Light |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 5 | | | 24 - Light |
| | | 3rd exercise: Multi-joint | One-Arm Row | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 4th exercise: Single-joint | Pullover | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 10 – Med-Heavy | 8 – Heavy | 8 – Heavy |
| | | 5th exercise: Single-joint | Reverse Fly | 1 | 10 – Med-Heavy | 12 – Medium | 10 – Med-Heavy |
| | | | | 2 | 12 – Medium | 12 – Medium | 10 – Med-Heavy |
| 3 | 15 – Light | | | 12 – Medium | 10 – Med-Heavy | | |
| Lower Back | 1 | Single-joint | Hyperextension | 1 | 10 x | 15 x | 20 x |
| | | | | 2 | 10 x | 15 x | 20 x |
| | | | | 3 | 10 x | 15 x | 20 x |
| | | | | 4 | 10 x | 15 x | 20 x |

Day 3: Lower Body: Legs

| Body Part | # Exercises Per Body Part | Type of Movement | Exercise Example | Set # | Beginner Reps/Weight | Intermediate Reps/Weight | Advanced Reps/Weight |
|------------------|----------------------------------|----------------------------|-------------------------|--------------|-----------------------------|---------------------------------|-----------------------------|
| Legs | 5 | 1st exercise: Multi-joint | Leg Press | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 6 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 12 – Medium | 6 – Heavy |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 5 | | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 6 | | 8 – Heavy | 24 – Light |
| | | 2nd exercise: Multi-joint | Wall or Ball Squat | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 3rd exercise: Multi-joint | Lunge | 1 | 15 x bodyweight | 15 – Light | 12 – Medium |
| | | | | 2 | 15 x bodyweight | 12 – Medium | 10 – Med-Heavy |
| | | | | 3 | 15 x bodyweight | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 15 x bodyweight | 8 – Heavy | 24 – Light |
| | | 4th exercise: Single-joint | Leg Extension | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 5th exercise: Single-joint | Leg Curl | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |

Day 4: Upper Body: Shoulders

| Body Part | # Exercises Per Body Part | Type of Movement | Exercise Example | Set # | Beginner Reps/Weight | Intermediate Reps/Weight | Advanced Reps/Weight |
|-----------|---------------------------|----------------------------|------------------------|-------|----------------------|--------------------------|----------------------|
| Shoulders | 5 | 1st exercise: Multi-joint | Machine Press | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 6 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 12 – Medium | 6 – Heavy |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 5 | | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 6 | | 8 – Heavy | 24 – Light |
| | | 2nd exercise: Multi-joint | Dumbbell Press | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 3rd exercise: Single-joint | Laterals | 1 | 15 – Light | 15 – Light | 12 – Medium |
| | | | | 2 | 12 – Medium | 12 – Medium | 10 – Med-Heavy |
| | | | | 3 | 10 – Med-Heavy | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | | 8 – Heavy | 24 – Light |
| | | 4th exercise: Single-joint | Front Arm Raise | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 5th exercise: Single-joint | Single Arm Cable Raise | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| Abs | 1 | Single-joint | Vertical Knee Raise | 1 | 15 x | 20 x | 25 x |
| | | | | 2 | 15 x | 20 x | 25 x |
| | | | | 3 | 15 x | 20 x | 25 x |

Day 5: Upper Body: Arms

| Body Part | # Exercises Per Body Part | Type of Movement | Exercise Example | Set # | Beginner Reps/Weight | Intermediate Reps/Weight | Advanced Reps/Weight |
|------------|---------------------------|----------------------------|---------------------------|----------------|----------------------|--------------------------|----------------------|
| Triceps | 3 | 1st exercise: Single-joint | Overhead Tricep Extension | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 6 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 12 – Medium | 6 – Heavy |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 5 | | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 6 | | 8 – Heavy | 24 – Light |
| | | 2nd exercise: Single-joint | Tricep Push-down | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | 3rd exercise: Single-joint | Tricep Kickback | 1 | 15 – Light | 15 – Light | 12 – Medium |
| | | | | 2 | 12 – Medium | 12 – Medium | 10 – Med-Heavy |
| 3 | 10 – Med-Heavy | | | 10 – Med-Heavy | 8 – Heavy | | |
| 4 | | | | 8 – Heavy | 24 – Light | | |
| Biceps | 3 | 1st exercise: Single-joint | Bicep Curl | 1 | 15 – Light | 15 – Light | 15 – Light |
| | | | | 2 | 12 – Medium | 12 – Medium | 6 – Heavy |
| | | | | 3 | 10 – Med-Heavy | 12 – Medium | 6 – Heavy |
| | | | | 4 | 8 – Heavy | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 5 | | 10 – Med-Heavy | 10 – Med-Heavy |
| | | | | 6 | | 8 – Heavy | 24 – Light |
| | | 2nd exercise: Single-joint | Hammer Curl | 1 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 2 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 3 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| | | | | 4 | 12 – Medium | 10 – Med-Heavy | 8 – Heavy |
| Lower Back | 1 | Single-joint | Hyperextension | 1 | 10 x | 15 x | 20 x |
| | | | | 2 | 10 x | 15 x | 20 x |
| | | | | 3 | 10 x | 15 x | 20 x |
| | | | | 4 | 10 x | 15 x | 20 x |