

PA STRENGTH



2-DAY SPLIT



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YOUR TRAINING WEEK

An example schedule. Keep the workout order and move the days when needed.

EXAMPLE WEEK

DAY	SESSION	FOCUS
MON	WORKOUT 1	FULL BODY A
TUE	REST DAY	OPTIONAL CARDIO
WED	REST DAY	OPTIONAL CARDIO
THU	WORKOUT 2	FULL BODY B
FRI	REST DAY	OPTIONAL CARDIO
SAT	REST DAY	OPTIONAL CARDIO
SUN	REST DAY	OPTIONAL CARDIO

Working Sets per Workout: 19 / 19

A working set is one of the sets listed on a workout page. Use practice sets as needed, then record your working results. A listed drop set stays attached to its parent set.

Last-set rule: on every exercise, stop the earlier sets 1–2 reps short. On machines, cables, the Smith machine, assisted pull-ups, chest-supported rows and supported dumbbell work (curls, raises, flies, bench-supported rows), take the last set to failure, because the machine, pad or bench catches the weight. On barbell lifts, dumbbell presses, weighted pull-ups and dips, standing dumbbell leg and hinge work and the trap bar, stop the last set with 1 clean rep left. Core work is not taken to failure.

READ THE ROW

Tempo lists lower, pause, lift, pause. RPE is effort on a 1 to 10 scale. A dash under rest connects movements with the same letter; rest after the last exercise in the group.

TRACK YOUR SESSION

Each S1, S2, and S3 box records one set: write weight × completed reps, such as 80 × 12. For carries, write weight × distance. Record a useful setup or adjustment below.

Reading pages are portrait. Rotate your device or printed book 90 degrees for the landscape workout sheets.



OPTIONS FOR THE SAME MOVEMENT

Choose one option when equipment or setup differs; keep the listed sets and rep range.

LISTED EXERCISE	OPTION
Back Squat	Safety Squat Bar
Standing Cable Fly	Chest Fly Machine
One-Arm Cable Row	Seated Row Machine
Seated Leg Curl	Lying Leg Curl

ONE CHOICE REPLACES ONE EXERCISE. IT DOES NOT ADD SETS.



WORKOUT 1 / FULL BODY A

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET		
A1	Back Squat* Last set: stop with 1 clean rep left.	3	8-10	3-1-1-0	8-9, last set 9	2 min	Elevate heels on 10-lb plates or wedges if stable.	S1	S2	S3
B1	Slight-Incline Dumbbell Press* Last set: stop with 1 clean rep left.	3	8-12	2-1-1-0	8-9, last set 9	-	Set bench near 15-25 degrees so the next row uses the same bench.	S1	S2	S3
B2	Chest-Supported Dumbbell Row* Last set: to failure.	3	8-12	2-1-1-1	8-9, last set 10	90 sec	Turn onto the same incline bench; chest stays supported.	S1	S2	S3
C1	Romanian Deadlift* Last set: stop with 1 clean rep left.	3	12-15	3-1-1-0	8-9, last set 9	90 sec	Keep about 1-2 reps short; stop before losing position.	S1	S2	S3
D1	Overhead Cable Triceps Extension Last set: to failure.	2	12-15	2-1-1-1	8-9, last set 10	-		S1	S2	
D2	Hammer Curl Last set: to failure.	2	10-15	2-1-1-1	8-9, last set 10	60 sec		S1	S2	
E1	Pallof Press	3	10-12/side	2-1-1-1	7	60 sec		S1	S2	S3

* See Special Notes

WORKING SETS 19

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



WORKOUT 2 / FULL BODY B

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET		
A1	Trap-Bar Deadlift* Last set: stop with 1 clean rep left.	3	8-10	2-1-1-0	8-9, last set 9	2 min	Optional: elevate heels on 10-lb plates or wedges.	S1	S2	S3
B1	Standing Cable Fly* Last set: to failure.	3	8-12	2-1-2-1	8-9, last set 10	-	Control the stretch.	S1	S2	S3
B2	One-Arm Cable Row Last set: to failure.	3	8-12/side	2-1-1-1	8-9, last set 10	90 sec		S1	S2	S3
C1	Leg Press Last set: to failure.	3	8-12	3-1-1-0	8-9, last set 10	2 min		S1	S2	S3
D1	Leg Extension Last set: to failure.	2	12-15	2-1-2-1	8-9, last set 10	-		S1	S2	
D2	Seated Leg Curl Last set: to failure.	2	12-15	2-1-1-1	8-9, last set 10	60 sec		S1	S2	
E1	Asymmetrical Farmer Walk* Last set: to failure.	3	25-30 m/side	Controlled	7-8	60 sec	One load, stand tall; choose a manageable weight.	S1	S2	S3

* See Special Notes

WORKING SETS 19

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



KEEP A RECORD YOU CAN USE

Log completed sessions, useful setups, and one adjustment for next time.

DATE	WORKOUT	BEST MOVEMENT / SETUP	NEXT TIME

Which exercise gave the best contraction, activation, or pump?

What load, rep, or setup will you repeat or change next time?

FOUNDATION FORMATS: 2 / 3 / 4 / 5 / 6 DAYS + TRAVEL