

PA STRENGTH



3-DAY SPLIT

STRENGTH GUIDE

W02



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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	WORKOUT 2	FULL BODY B
THU	REST DAY	OPTIONAL CARDIO
FRI	WORKOUT 3	FULL BODY C
SAT	REST DAY	OPTIONAL CARDIO
SUN	REST DAY	OPTIONAL CARDIO

WORKING SETS 21 / 20 / 21

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
Leg Press	Hack Squat
Seated Row Machine	Low Cable Row
Chest Fly Machine	Incline Dumbbell Fly
Hanging Leg Raise	Hanging Knee Raise

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	Hip Adductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	-		S1	S2	
A2	Hip Abductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	60 sec		S1	S2	
B1	45-Degree Back Extension Last set: stop with 1 clean rep left.	2	12-15	2-1-1-1	8-9, last set 9	60 sec		S1	S2	
C1	Heavy Goblet Squat* Last set: stop with 1 clean rep left.	3	8-10	3-1-1-0	8-9, last set 9	90 sec	Use a bench target or heel wedges if they help you control depth.	S1	S2	S3
D1	Slight-Incline Dumbbell Press* Last set: stop with 1 clean rep left.	3	8-12	2-1-1-0	8-9, last set 9	90 sec	Set a modest incline, about 10 degrees.	S1	S2	S3
E1	Chest-Supported Dumbbell Row* Last set: to failure.	3	8-12	2-1-1-1	8-9, last set 10	90 sec	Chest supported; plant feet and avoid slumping.	S1	S2	S3
F1	Arnold Press Last set: stop with 1 clean rep left.	3	10-12	2-1-1-0	8-9, last set 9	60 sec		S1	S2	S3
G1	Hanging Leg Raise	3	10-15	2-1-1-0	7	60 sec		S1	S2	S3

* See Special Notes

WORKING SETS 21

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	Hip Adductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	-		S1	S2	
A2	Hip Abductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	60 sec		S1	S2	
B1	45-Degree Back Extension Last set: stop with 1 clean rep left.	2	12-15	2-1-1-1	8-9, last set 9	60 sec		S1	S2	
C1	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
D1	Seated Row Machine Last set: to failure.	3	8-12	2-1-1-1	8-9, last set 10	90 sec		S1	S2	S3
E1	Machine Chest Press Last set: to failure.	3	8-12	2-1-1-0	8-9, last set 10	90 sec		S1	S2	S3
F1	Machine Shoulder Press Last set: to failure.	2	8-12	2-1-1-0	8-9, last set 10	90 sec		S1	S2	
G1	Asymmetrical Farmer Walk*	3	25-30 m/side	Controlled	7	60 sec	One load; ~20-25% bodyweight only if you can stay upright.	S1	S2	S3

* See Special Notes

WORKING SETS 20

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



WORKOUT 3 / FULL BODY C

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET		
A1	Hip Adductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	-		S1	S2	
A2	Hip Abductor Machine Last set: to failure.	2	12-15	2-1-2-0	8-9, last set 10	60 sec		S1	S2	
B1	45-Degree Back Extension Last set: stop with 1 clean rep left.	2	12-15	2-1-1-1	8-9, last set 9	60 sec		S1	S2	
C1	Leg Press* Last set: to failure.	3	8-12	3-1-1-0	8-9, last set 10	2 min	Keep the same controlled depth across sets; Hack Squat is the equipment option.	S1	S2	S3
D1	Chest Fly Machine Last set: to failure.	2	12-15	2-1-2-1	8-9, last set 10	60 sec			S1	S2
E1	Barbell Bent-Over Row Last set: stop with 1 clean rep left.	2	8-12	2-1-1-1	8-9, last set 9	90 sec			S1	S2
F1	Standing Military Press Last set: stop with 1 clean rep left.	2	8-12	2-1-1-0	8-9, last set 9	90 sec		S1	S2	
G1	Hip Thrust Last set: stop with 1 clean rep left.	2	12-15	2-1-1-1	8-9, last set 9	60 sec		S1	S2	
H1	Standing Calf Raise* Last set: to failure.	2	12-15	2-1-1-2	8-9, last set 10	60 sec	Seated calf raise is an alternate if the standing station is unavailable.	S1	S2	
I1	Pallof Press	2	10-12/side	2-1-1-1	7	60 sec		S1	S2	

* See Special Notes

WORKING SETS 21

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