

★★★ PA STRENGTH



5-DAY SPLIT

STRENGTH GUIDE

W04



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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	PUSH
TUE	WORKOUT 2	PULL
WED	WORKOUT 3	Hamstrings & Lower
THU	REST DAY	OPTIONAL CARDIO
FRI	WORKOUT 4	ARMS
SAT	WORKOUT 5	Accessories & Performance
SUN	REST DAY	OPTIONAL CARDIO

WORKING SETS 18 / 20 / 19 / 21 / 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
Chest Fly Machine	Cable Fly
Chest-Supported Rear-Delt Row	Machine Rear-Delt Fly
Seated Leg Curl	Lying Leg Curl
Preacher Curl	Cable Curl

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

WORKOUT 1 / PUSH

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Chest Fly Machine Last set: to failure.	3	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	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		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Incline Dumbbell Fly Last set: to failure.	3	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Seated Shoulder Press Machine Last set: to failure.	3	8–12	2-1-1-0	8–9, last set 10	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Reverse-Grip Cable Extension Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
E2	Rope Triceps Extension Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
E3	V-Bar Pushdown Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 18

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 2 / PULL

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Rope Straight-Arm Pullover Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Neutral-Grip Lat Pulldown* Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	90 sec	Parallel handles; palms face each other.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Chest-Supported T-Bar Row Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Chest-Supported Rear-Delt Row Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
D2	Y-Raise Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
E1	Preacher Curl Last set: to failure.	2	8–12	2-1-1-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
E2	Rope Hammer Curl Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
F1	Hanging Knee Raise	3	10–15	2-1-1-0	7	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 20

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



WORKOUT 3 / HAMSTRINGS & LOWER

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Hip Abductor Machine Last set: to failure.	3	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Seated Leg Curl Last set: to failure.	3	10–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Romanian Deadlift Last set: stop with 1 clean rep left.	3	8–12	3-1-1-0	8–9, last set 9	2 min		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	High-Foot Hack Squat Last set: to failure.	3	8–12	3-1-1-0	8–9, last set 10	2 min		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Bulgarian Split Squat Last set: stop with 1 clean rep left.	2	8–10/side	3-1-1-0	8–9, last set 9	90 sec		S1 S2 <input type="text"/> <input type="text"/>
F1	Hip Thrust Last set: stop with 1 clean rep left.	2	8–12	2-1-1-1	8–9, last set 9	60 sec		S1 S2 <input type="text"/> <input type="text"/>
G1	Standing Calf Raise Last set: to failure.	3	10–15	2-1-1-2	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 19

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 4 / ARMS

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Over-the-Shoulder Cable Triceps Extension* Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	-	Set rope near mid-torso before turning away.	S1 <input type="text"/> S2 <input type="text"/>
A2	Reverse-Grip EZ Curl* Last set: stop with 1 clean rep left.	2	10–15	2-1-1-1	8–9, last set 9	60 sec	Palms down; control the lowering.	S1 <input type="text"/> S2 <input type="text"/>
B1	Kneeling High Cable Curl Last set: to failure.	2	10–15	2-1-1-1	8–9, last set 10	-		S1 <input type="text"/> S2 <input type="text"/>
B2	Zottman Curl* Last set: to failure.	2	10–12	2-1-2-0	8–9, last set 10	60 sec	Use lighter dumbbells and rotate with control.	S1 <input type="text"/> S2 <input type="text"/>
C1	Cross-Body Cable Triceps Extension* Last set: to failure.	3	10–15 /side	2-1-1-1	8–9, last set 10	-	Narrow tower permits both arms in an X.	S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>
C2	Close-Grip EZ Pushdown Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>
D1	Wrist Extension Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	-		S1 <input type="text"/> S2 <input type="text"/>
D2	Wrist Curl Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 <input type="text"/> S2 <input type="text"/>
E1	Cable Crunch	3	12–15	2-1-1-1	7	60 sec		S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>

* See Special Notes

WORKING SETS 21

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 5 / ACCESSORIES & PERFORMANCE

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Rear-Delt Fly Last set: to failure.	3	12–15	2-1-2-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Dumbbell Shrug Last set: to failure.	3	12–15	2-1-1-2	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Asymmetrical Farmer Walk	3	25–30 m/side	Controlled	7–8	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Decline Oblique Twist	3	10–12 /side	2-1-2-0	7	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	45-Degree Back Extension Last set: stop with 1 clean rep left.	3	12–15	2-1-1-1	8–9, last set 9	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
F1	Seated Calf Raise Last set: to failure.	3	10–15	2-1-1-2	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
G1	Scissor Crunch*	3	10–20	2-1-2-0	7	60 sec	Add a light load only when the motion stays controlled.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>

* 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