

# ★★★ PA STRENGTH



## 5-DAY SPLIT: UPPER AESTHETIC

STRENGTH GUIDE

W11



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# YOUR TRAINING WEEK

5-Day Protocol: Upper Aesthetic (Arms, Delts, and Lower Add-On)

| DAY | SESSION | FOCUS                      |
|-----|---------|----------------------------|
| MON | DAY 1   | Legs                       |
| TUE | DAY 2   | Chest & Biceps             |
| WED | DAY 3   | Back & Traps               |
| THU | REST    | Recover                    |
| FRI | DAY 4   | Shoulders, Triceps & Core  |
| SAT | DAY 5   | Arms, Delts & Lower Add-On |
| SUN | REST    | Recover                    |

## WHAT THIS SHOWS

This plan uses its own set style inside a familiar split. The weekly calendar shows one way to arrange the days.

## SETS + REPS

Upper Aesthetic changes how loads and reps are organized. Read the exact sets and reps in each row; the next page explains the terminology.

## LOG EVERY SET

Every listed set counts. In each S1, S2, and S3 box, write weight × completed reps, such as 80 × 12. For carries, use weight × distance.

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



## HOW THE SET IS FINISHED

These are examples of training styles. Follow the exact sets and reps in each workout row.

### 01 PYRAMID

Example: 4 sets at 12 / 10 / 8 / 6 reps. Add load as reps fall; finish with the heavier set.

### 02 REVERSE PYRAMID

Example: 3 sets at 5–6 / 7–8 / 9–10. Warm up, work heaviest first, then lower the load each set (a common guideline is about 10%).

### 03 HEAVY + PUMP

Example: 4 + 1 sets. Complete four heavy sets, then one lighter pump set (a common guideline is about 60% of working load).

### 04 DESCENDING

Example: 4 sets at 20 / 15 / 10 / 8. Add load each set; the final set may have one drop when marked.

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

**STRAIGHT SETS** Repeat the listed rep range across the listed sets.

**DROP SET** After the last set, lower the load (a common guideline is 20–25%) and continue. Up to two drops where printed.

**SUPERSET** Finish the first movement, then the paired slot without rest. Rest after the last slot.

**RPE** Effort scale: 8 means roughly two reps left; 9 means roughly one.

**TEMPO** Four numbers: lower, bottom pause, lift, top pause (seconds).

**SET LOG** S1, S2, S3 each hold weight × completed reps; carries use weight × distance.

Each workout row tells you the exact sets and reps. An asterisk beside an exercise points to its special note.

## DAY 1 / LEGS

DATE

| NO. | EXERCISE                                                      | SETS | REPS             | TEMPO   | RPE                      | REST      | SPECIAL NOTES                                   | RECORD EACH SET                                                                                    |
|-----|---------------------------------------------------------------|------|------------------|---------|--------------------------|-----------|-------------------------------------------------|----------------------------------------------------------------------------------------------------|
| A1  | Leg Extension*                                                | 2    | 15               | 2-0-1-1 | 5–6                      | as needed | Light, controlled reps before squat.            | S1 S2<br><input type="text"/> <input type="text"/>                                                 |
| B1  | High-Bar Back Squat*<br>Last set: stop with 1 clean rep left. | 3    | 5–6 / 7–8 / 9–10 | 2-0-1-0 | 8–9, last set 9          | 2–3 min   | Reverse pyramid.                                | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| C1  | Romanian Deadlift*<br>Last set: stop with 1 clean rep left.   | 4    | 15 / 12 / 10 / 8 | 3-0-1-0 | 8–9, last set 9          | 2 min     | Descending + one drop.                          | S1 S2 S3 S4<br><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| D1  | Leg Press – Feet Mid on Footplate*<br>Last set: to failure.   | 3    | 15 / 12 / 10     | 3-0-1-0 | 8–9, last set 10 + drops | 60–90 s   | Last-set drop.                                  | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| E1  | Lying Leg Curl<br>Last set: to failure.                       | 3    | 15 / 12 / 10     | 2-0-1-1 | 8–9, last set 10         | –         |                                                 | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| E2  | Hip Adduction Machine*<br>Last set: to failure.               | 3    | 15               | 2-0-1-1 | 8–9, last set 10         | 90 s      | Pair with previous slot.                        | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F1  | Standing Calf Raise*<br>Last set: to failure.                 | 3    | 15 / 12 / 10     | 2-2-1-1 | 8–9, last set 10 + drops | 60–90 s   | Last-set drop. Pause 2 s in stretch; no bounce. | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |

\* See Special Notes

## WORKING SETS 21

## SESSION NOTES / WHAT FELT BEST?

## NEXT TIME

## DAY 2 / CHEST &amp; BICEPS

DATE

| NO. | EXERCISE                                                            | SETS | REPS                | TEMPO   | RPE                      | REST      | SPECIAL NOTES                           | RECORD EACH SET                                                                                    |
|-----|---------------------------------------------------------------------|------|---------------------|---------|--------------------------|-----------|-----------------------------------------|----------------------------------------------------------------------------------------------------|
| A1  | Dumbbell Pullover                                                   | 2    | 15                  | 3-1-1-0 | 5–6                      | as needed |                                         | S1 S2<br><input type="text"/> <input type="text"/>                                                 |
| B1  | Pec Deck Fly                                                        | 2    | 15                  | 2-0-1-1 | 5–6                      | as needed |                                         | S1 S2<br><input type="text"/> <input type="text"/>                                                 |
| C1  | Flat Barbell Bench Press*<br>Last set: stop with 1 clean rep left.  | 3    | 5–6 / 7–8<br>/ 9–10 | 2-0-1-0 | 8–9, last set 9          | 2–3 min   | Reverse pyramid. Use spotter/safeties.  | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| D1  | Incline Dumbbell Press*<br>Last set: stop with 1 clean rep left.    | 4    | 20 / 15 /<br>10 / 8 | 3-0-1-0 | 8–9, last set 9          | 2 min     | Descending + one drop.                  | S1 S2 S3 S4<br><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| E1  | Weighted Dip – Chest Lean*<br>Last set: stop with 1 clean rep left. | 3    | 15 / 12 /<br>10     | 3-0-1-0 | 8–9, last set 9          | –         | Use bodyweight if needed.               | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| E2  | Low-to-High Cable Fly*<br>Last set: to failure.                     | 3    | 15 / 12 /<br>10     | 2-0-1-2 | 8–9, last set 10 + drops | 90 s      | Last-set drop. Pair with previous slot. | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F1  | Barbell Curl<br>Last set: stop with 1 clean rep left.               | 3    | 15 / 12 /<br>10     | 2-0-1-0 | 8–9, last set 9          | 60–90 s   |                                         | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| G1  | Incline Dumbbell Curl<br>Last set: to failure.                      | 3    | 15 / 12 /<br>10     | 3-0-1-0 | 8–9, last set 10         | 60–90 s   |                                         | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| H1  | Hammer Curl*<br>Last set: to failure.                               | 3    | 15 / 12 /<br>10     | 2-0-1-1 | 8–9, last set 10 + drops | 60–90 s   | Last-set drop.                          | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |

\* See Special Notes

WORKING SETS 26

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

## DAY 3 / BACK &amp; TRAPS

DATE 

| NO. | EXERCISE                                                                  | SETS | REPS             | TEMPO   | RPE                      | REST      | SPECIAL NOTES                                                      | RECORD EACH SET                                                                                 |
|-----|---------------------------------------------------------------------------|------|------------------|---------|--------------------------|-----------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| A1  | Straight-Arm Cable Pulldown                                               | 2    | 15               | 2-0-1-1 | 5–6                      | as needed |                                                                    | S1 <input type="text"/> S2 <input type="text"/>                                                 |
| B1  | Deadlift (Conventional or Sumo)*<br>Last set: stop with 1 clean rep left. | 3    | 5–6 / 7–8 / 9–10 | 2-0-1-0 | 8–9, last set 9          | 2–3 min   | Reverse pyramid. Reset each rep. Straps okay.                      | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |
| C1  | Barbell Bent-Over Row*<br>Last set: stop with 1 clean rep left.           | 4    | 20 / 15 / 10 / 8 | 2-0-1-1 | 8–9, last set 9          | 2 min     | Descending + one drop.                                             | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/> S4 <input type="text"/> |
| D1  | Wide-Grip Lat Pulldown<br>Last set: to failure.                           | 3    | 15 / 12 / 10     | 3-0-1-1 | 8–9, last set 10         | 60–90 s   |                                                                    | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |
| E1  | Seated Cable Row – V-Bar<br>Last set: to failure.                         | 3    | 15 / 12 / 10     | 2-0-1-2 | 8–9, last set 10         | –         |                                                                    | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |
| E2  | Dumbbell Shrug*<br>Last set: to failure.                                  | 3    | 15 / 12 / 10     | 2-0-1-2 | 8–9, last set 10 + drops | 90 s      | Last-set drop. Straps okay. Hold top 2 s. Pair with previous slot. | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |
| F1  | 45° Back Extension<br>Last set: stop with 1 clean rep left.               | 3    | 12–15            | 2-0-1-2 | 8–9, last set 9          | 60–90 s   |                                                                    | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |
| G1  | Hanging Knee-Up                                                           | 3    | 12–15            | 2-0-1-1 | 8                        | 60–90 s   |                                                                    | S1 <input type="text"/> S2 <input type="text"/> S3 <input type="text"/>                         |

\* See Special Notes

## WORKING SETS 24

## SESSION NOTES / WHAT FELT BEST?

## NEXT TIME

## DAY 4 / SHOULDERS, TRICEPS &amp; CORE

DATE

| NO. | EXERCISE                                                                  | SETS | REPS                | TEMPO   | RPE                         | REST      | SPECIAL NOTES                           | RECORD EACH SET                                                                                    |
|-----|---------------------------------------------------------------------------|------|---------------------|---------|-----------------------------|-----------|-----------------------------------------|----------------------------------------------------------------------------------------------------|
| A1  | Face Pull                                                                 | 2    | 15                  | 2-0-1-1 | 5–6                         | as needed |                                         | S1 S2<br><input type="text"/> <input type="text"/>                                                 |
| B1  | Standing Barbell Overhead Press*<br>Last set: stop with 1 clean rep left. | 3    | 5–6 / 7–8<br>/ 9–10 | 2-0-1-0 | 8–9, last set 9             | 2–3 min   | Reverse pyramid.                        | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| C1  | Seated Dumbbell Shoulder Press*<br>Last set: stop with 1 clean rep left.  | 4    | 20 / 15 /<br>10 / 8 | 3-0-1-0 | 8–9, last set 9             | 2 min     | Descending + one drop.                  | S1 S2 S3 S4<br><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| D1  | Dumbbell Lateral Raise*<br>Last set: to failure.                          | 3    | 15 / 12 /<br>10     | 2-0-1-1 | 8–9, last set<br>10 + drops | 60–90 s   | Last-set drop.                          | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| E1  | Reverse Pec Deck*<br>Last set: to failure.                                | 3    | 15 / 12 /<br>10     | 2-0-1-2 | 8–9, last set<br>10 + drops | 60–90 s   | Last-set drop.                          | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F1  | EZ-Bar Skull Crusher<br>Last set: stop with 1 clean rep left.             | 3    | 15 / 12 /<br>10     | 3-0-1-0 | 8–9, last set 9             | -         |                                         | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F2  | Rope Pressdown*<br>Last set: to failure.                                  | 3    | 15 / 12 /<br>10     | 2-0-1-1 | 8–9, last set<br>10 + drops | 90 s      | Last-set drop. Pair with previous slot. | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| G1  | Cable Crunch                                                              | 3    | 12–15               | 2-0-1-1 | 8                           | -         |                                         | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| G2  | Hanging Leg Raise*                                                        | 3    | 10–15               | 2-0-1-1 | 8                           | 90 s      | Pair with previous slot.                | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |

\* See Special Notes

WORKING SETS 27

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

## Day 5 / Arms, Delts &amp; Lower Add-On

DATE

| NO. | EXERCISE                                                         | SETS | REPS                | TEMPO   | RPE                         | REST      | SPECIAL NOTES            | RECORD EACH SET                                                                                    |
|-----|------------------------------------------------------------------|------|---------------------|---------|-----------------------------|-----------|--------------------------|----------------------------------------------------------------------------------------------------|
| A1  | Cable Lateral Raise                                              | 2    | 15                  | 2-0-1-1 | 5–6                         | as needed |                          | S1 S2<br><input type="text"/> <input type="text"/>                                                 |
| B1  | Close-Grip Bench Press*<br>Last set: stop with 1 clean rep left. | 3    | 5–6 / 7–8<br>/ 9–10 | 2-0-1-0 | 8–9, last set 9             | 2–3 min   | Reverse pyramid.         | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| C1  | EZ-Bar Curl*<br>Last set: stop with 1 clean rep left.            | 4    | 15 / 12 /<br>10 / 8 | 2-0-1-1 | 8–9, last set 9             | 2 min     | Descending + one drop.   | S1 S2 S3 S4<br><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| D1  | Cable Lateral Raise*<br>Last set: to failure.                    | 3    | 15 / 12 /<br>10     | 2-0-1-1 | 8–9, last set<br>10 + drops | 60–90 s   | Last-set drop.           | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| E1  | Reverse Pec Deck*<br>Last set: to failure.                       | 3    | 15 / 12 /<br>10     | 2-0-1-2 | 8–9, last set<br>10 + drops | 60–90 s   | Last-set drop.           | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F1  | Overhead Cable Triceps<br>Extension<br>Last set: to failure.     | 3    | 15 / 12 /<br>10     | 3-0-1-0 | 8–9, last set<br>10         | -         |                          | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| F2  | Incline Dumbbell Curl*<br>Last set: to failure.                  | 3    | 15 / 12 /<br>10     | 3-0-1-0 | 8–9, last set<br>10         | 90 s      | Pair with previous slot. | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| G1  | Hammer Curl*<br>Last set: to failure.                            | 3    | 15 / 12 /<br>10     | 2-0-1-1 | 8–9, last set<br>10 + drops | 60–90 s   | Last-set drop.           | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| H1  | Hip Adduction Machine (Add-On)<br>Last set: to failure.          | 3    | 15                  | 2-0-1-1 | 8–9, last set<br>10         | -         |                          | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |
| H2  | Seated Calf Raise (Add-On)*<br>Last set: to failure.             | 3    | 15                  | 2-2-1-1 | 8–9, last set<br>10         | 90 s      | Pair with previous slot. | S1 S2 S3<br><input type="text"/> <input type="text"/> <input type="text"/>                         |

\* See Special Notes

WORKING SETS 30

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



# KEEP A RECORD YOU CAN USE

Record the best setup, completed session, and one useful adjustment

| DATE | DAY | BEST MOVEMENT / SETUP | NEXT TIME |
|------|-----|-----------------------|-----------|
|      |     |                       |           |
|      |     |                       |           |
|      |     |                       |           |
|      |     |                       |           |
|      |     |                       |           |

WHICH SET STYLE FELT MOST USEFUL? WHAT WOULD YOU CHANGE NEXT SESSION?