

★★★ PA STRENGTH



6-DAY SPLIT

STRENGTH GUIDE

W05



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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 A
TUE	WORKOUT 2	PULL A
WED	WORKOUT 3	LEGS A
THU	WORKOUT 4	PUSH B
FRI	WORKOUT 5	PULL B
SAT	WORKOUT 6	LEGS B
SUN	REST DAY	OPTIONAL CARDIO

WORKING SETS 21 / 21 / 20 / 21 / 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
Machine Low Row	Low Cable Row
Assisted Dip	Bodyweight Dip
Sissy Squat	Leg Extension
Donkey Calf Raise	Standing Calf Raise

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

WORKOUT 1 / PUSH A

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	Machine Chest Press 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"/>
C1	Incline Smith Machine Press 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"/>
D1	Dumbbell Lateral Raise 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"/>
E1	Seated Dumbbell Shoulder Press Last set: stop with 1 clean rep left.	3	12–15	2-1-1-0	8–9, last set 9	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
F1	Assisted Dip* Last set: to failure.	3	12–15	2-1-1-0	8–9, last set 10	90 sec	Choose assistance to maintain a comfortable controlled range.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
G1	Rope Triceps Extension 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"/>

* See Special Notes

WORKING SETS 21

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 2 / PULL A

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	Machine 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"/>
C1	Machine Low Row* Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	90 sec	Low cable row is an option if no row machine is available.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Narrow V-Bar Lat Pulldown* Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	-	Parallel handles; palms face each other.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D2	Hammer Curl 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"/>
E1	Incline Dumbbell Curl 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"/>
F1	EZ-Bar Upright Row Last set: stop with 1 clean rep left.	3	12–15	2-1-1-0	8–9, last set 9	60 sec		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

WORKOUT 3 / LEGS 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 <input type="text"/> <input type="text"/>
A2	Hip Abductor Machine Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
B1	Back Squat* Last set: stop with 1 clean rep left.	4	8–10	3-1-1-0	8–9, last set 9	2 min	Optional 10-lb heel plates or wedges.	S1 S2 S3 S4 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
C1	Weighted 45-Degree Back Extension* Last set: stop with 1 clean rep left.	2	12–15	2-1-1-1	8–9, last set 9	90 sec	Glute emphasis; keep trunk stable.	S1 S2 <input type="text"/> <input type="text"/>
D1	Lying Leg Curl Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D2	Sissy Squat* Last set: stop with 1 clean rep left.	3	12–15	2-1-1-0	8–9, last set 9	60 sec	Leg extension is an option if equipment or control is limited.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Donkey Calf Raise Last set: to failure.	2	15–20	2-1-1-2	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
F1	Seated Calf Raise Last set: to failure.	2	15–20	2-1-1-2	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 20

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 4 / PUSH B

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	High Cable 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	Flat Smith Machine Press 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"/>
C1	Dumbbell Skull Crusher 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"/>
D1	Dumbbell Lateral Raise Last set: to failure.	3	12–15	2-1-2-0	8–9, last set 10	-		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D2	Plate Raise* Last set: to failure.	3	12–15	2-1-2-0	8–9, last set 10	60 sec	Use a manageable plate; keep tension instead of resting it on the hips.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Machine Shoulder Press 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"/>
F1	Rope Triceps Extension 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"/>

* See Special Notes

WORKING SETS 21

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 5 / PULL B

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	Barbell Bent-Over Row Last set: stop with 1 clean rep left.	3	8–12	2-1-1-1	8–9, last set 9	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	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 <input type="text"/> <input type="text"/> <input type="text"/>
D1	T-Bar Row Last set: stop with 1 clean rep left.	3	8–12	2-1-1-1	8–9, last set 9	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Face Pull 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"/>
F1	Strict EZ-Bar Curl* Last set: stop with 1 clean rep left.	3	12–15	2-1-1-1	8–9, last set 9	60 sec	Keep the torso still; a wall is an option.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
G1	Reverse-Grip EZ-Bar Curl 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"/>

* See Special Notes

WORKING SETS 21

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 6 / LEGS 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 <input type="text"/> <input type="text"/>
A2	Hip Abductor Machine Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
B1	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"/>
C1	Lying Leg Curl Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C2	Leg Extension 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"/>
D1	High-Foot Hack Squat* Last set: to failure.	4	8–12	3-1-1-0	8–9, last set 10	2 min	Aim to finish 1–2 reps short.	S1 S2 S3 S4 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
E1	Hip Thrust Last set: stop with 1 clean rep left.	2	15–20	2-1-1-1	8–9, last set 9	90 sec		S1 S2 <input type="text"/> <input type="text"/>
F1	Seated Calf Raise Last set: to failure.	2	15–20	2-1-1-2	8–9, last set 10	60 sec		S1 S2 <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