

FREE WORKOUT TEMPLATES



OPENSKYFITNESS

FREE WORKOUT TEMPLATES

How to Create a Weekly Split!

1 Day

- Full Body Workout

2 Day Split

- Full Body 2X
- Chest & Back, Legs & Shoulders

3 Day Split

- Full Body 3X
- Chest & Triceps, Back & Biceps, Legs & Shoulder
- Push & Pull, Legs, Arm & Core

4 Day Split

- Chest & Triceps, Back & Bicep, Legs, Shoulders & Arms

5 Day Split

- Chest, Back, Legs, Shoulders, Arms & Core

6 Day Split

- Chest & Triceps, Back & Biceps, Legs & Shoulder / Chest & Triceps, Back & Biceps, Legs & Shoulders

How to create your own workout program:

I'm going to assume your goal is to build strength and lose body fat. Big surprise! If you're concerned that you're going to get "too big," trust me when I say, it's not that easy. Building muscle takes a lot of hard work and proper nutrition. "OMG, I woke up this morning jacked!" Said no one ever.

How often do you want to workout?

Start by figuring out how much time you can give to yourself. Trust me, we're all busy. We have jobs, families, friends, and a million other things that keep up from making the choices that will directly improve our well-being. We could get into the psychological reasoning being that, but let's leave that for another time. You might feel overwhelmed by the thought of trying to create your own workout program. That's okay. It's not as complicated as you think it might be. Just ask yourself how much time you have to give to yourself each week. 1 day? 5 days?

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What are Pushing & Pulling Muscles?

You might also hear people talk about Pushing and Pulling Muscle groups. Pushing is your chest, shoulders and triceps. Pulling is your back and biceps.

The legs might be the most important muscle group, but it just so happens to be the one most guys skip. Focusing more on mirror muscles. Legs include quads, hamstrings, glutes(also considered core) & calfs. Within these 4 leg muscles there are tons of exercises to isolate. Don't worry, we'll keep this simple.

Isolation vs. Compound Movements:

An isolation movement is an exercise that only involves one muscle. For example, doing a tricep kickback, bicep curls or seated calf raises are isolation movements. Compound movements include multiple muscles. For example, doing chest press would include your pecs, anterior delts & triceps. One of the best compound movements you could ever do is a Squat. During a squat you are engaging your quads, hamstrings, glutes, erector spinae & abdominals. It's arguably the best exercise you could do for yourself, when done correctly.

How many Sets do you need to do?

The general consensus is that you should try to keep your set count between 15 and 25 total sets. For example is you have 5 different exercises in your workout and for each exercise you perform 4 sets, that's a total of 20 total sets. Make sense? Your goal is to work your muscles enough that they will need a couple days to recover and ultimately adapt. If you do less than 15 sets, chances are you haven't worked them enough to really see any changes. If you do more than 25 sets, you run the risk of overtraining those muscles, which can be cause some big setbacks. Such as an injury that might take you months to recover from.

How should you plan your reps?

For the sake of this workout program, I'm going to prescribe an 8 to 12 rep count. Here's what you need to know about choosing your reps: no matter how many reps you do(within the 8-12 range), it NEEDS to be a challenge. If you do 12 reps, you shouldn't have been able to do 13. If you pump out 8 reps, 9 should have been impossible. Any rep count over 15 reps(for all sets) will not active the muscles to promote adaptation. Adaptation is what you want. If you're body is not adapting, it's not changing. If it's not changing, you wasting your time. I CAN NOT stress this enough. If you are not struggling, you won't adapt, you won't see results. That's why we're here right? To see some results? Good!

How long should you stand around between sets?

As long as you need to in order to complete the next set, no more than that. I'm going to give you some general guidelines, but here's an example of what I mean. You do a set of chest press for 10 reps and you're planning on increasing the weight for the next set and aiming to bang out 8 reps. It might take you 2 minutes to recover enough to accomplish that. Take that 2 minutes to recover, but ask yourself if you could have achieved that with a 1 min 30 sec break. The tighter you can make your workouts, the better. I don't know about you, but my time is precious. I'd rather NOT hang out at the gym all day.

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Mix It Up

Play with rep count, arrangement of exercises, number of sets, tempo of exercises. Try switching when in the week you do Chest. If it's on Monday, maybe bump it back to Thursday and move Back up to Monday for a few weeks. Once your muscles have adapted to the program, it time to switch it up in order to keep progressing.

6 Different Muscle Groups!

- Chest
- Back
- Shoulders
- Legs
- Arms
- Core

Muscle Groups					
Chest	Back	Shoulders	Legs	Arms	Core
Flat BB Chest Press Flat DB Chest Press Flat Close Grip Press Flat Hammer Strength Incline BB Press Incline DB Press Incline Close Grip Incline Ham-Strength Decline BB Press Decline DB Press <u>Chest Flys;</u> • Cable • Pec Deck • DB Bench <u>Push Ups</u> • All Variations	<u>Pull Ups</u> • Wide-Grip • Close-Grip • Kipping(advanced) • Butterfly Chin Ups <u>Pull Downs</u> • Wide-Grip • Close-Grip • Reverse-Grip • Single-Arm • All Handle Variations <u>Rows</u> • Bent-Over BB Row • Single Arm Bench • Seated Cable Row <u>Flys</u> • Cable • DB • Machine <u>Extensions</u> • All Variations	<u>Press</u> Military BB Press Military DB Press Machine Press <u>Upright Rows</u> • Cable • Barbell • Dumbbell <u>Lateral Raise</u> • Dumbbell • Cable Handle <u>Front Raise</u> • Cable EZ Bar Attach • Dumbbell • Plate <u>Posterior Delt</u> Rope Face Pull Posterior Delt Fly <u>Shrugs</u> • Dumbbell • Barbell	<u>Quad Emphasis</u> • BB Squats • DB Squats • Leg Press • Hack Squats • Front Lunges • Back Lunges • Walking Lunges • Elevated Lunges • Lateral Lunges • Leg Extensions <u>Hamstring Emphasis</u> • BB Deadlifts • DB Deadlifts • Romanian Deadlift • Single Leg Dead Lift • Hamstring Curls <u>Glute Emphasis</u> • Floor Bridges • Glute Press • BB Glute Raise Calf Raises	<u>Biceps</u> DB Curls DB Hammer Curls BB Curls EZ Bar Curls Cable Curls Preacher Curls <u>Triceps</u> DB Kickbacks Cable Overhead Ext. Cable Rope Extension Cable EZ Bar Ext. Bench Dips Hanging Dips Machine Dips Diamond Push-Ups	<u>All Variations Of</u> • Plank • Hanging Leg Lifts • Crunches

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Full Body Template	Week 1				Week 2			
4 Sets - Superset	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Legs - Quads -								
Shoulders - DB or BB								
1 minute rest								
4 Sets - Superset								
Chest - Flat								
Back - Pulling Down								
1 minute rest								
3 Sets - Superset								
Leg's - Hamstings -								
Shoulders - Raises								
1 minute rest								
3 Sets - Superset								
Chest - Incline or Decline								
Back - Rowing								
1 minute rest								

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Full Body Template #2	Week 1				Week 2			
4 Sets - Superset	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Legs - Hamstrings -								
Shoulders - Press								
1 minute rest								
4 Sets - Superset								
Chest - Flys								
Back - Pull Down								
1 minute rest								
3 Sets - Superset								
Leg's - Hamstings -								
Shoulders - Raises								
1 minute rest								
3 Sets - Superset								
Chest - Push Ups								
Back - Flys								
1 minute rest								

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Full Body (1 Day/Week)	Week 1				Week 2			
4 Sets - Superset	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Hack Squats or Leg Press								
Seated DB Shoulder Press								
1 minute rest								
4 Sets - Superset								
Flat DB Chest Press								
Pull Downs								
1 minute rest								
3 Sets - Superset								
Elevated DB Lunges								
Shoulder Flys								
1 minute rest								
3 Sets - Superset								
Incline DB Chest Press								
Bent Over DB Rows								
1 minute rest								

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Chest & Back	Week 1				Week 2			
4 Sets - Superset	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Chest Flat								
Back Pull Down								
1 minute rest								
4 Sets - Superset								
Chest Incline								
Back Row								
1 minute rest								
3 Sets - Superset								
Chest Close Grip								
Back Close Grip Pull Down								
1 minute rest								
3 Sets - Superset								
Chest Flys								
Back Extensions								
1 minute rest								

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Legs & Shoulders	Week 1				Week 2			
4 Sets - Superset	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Legs - Quads								
Shoulder Press								
1 minute rest								
4 Sets - Superset								
Legs - Hamstrings								
Shoulder Raise								
1 minute rest								
3 Sets - Superset								
Legs - Quads								
Shoulder Raise								
1 minute rest								
3 Sets - Superset								
Legs - Hamstrings or Calfs								
Shoulder Shrugs								
1 minute rest								

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Chest & Triceps	Week 1				Week 2			
4 Sets	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Flat Chest Press								
1-2 minute rest								
4 Sets								
Incline Chest Press								
1-2 minute rest								
4 Sets								
Close-Grip Chest Press								
1-2 minute rest								
3 Sets								
Chest Flys								
Tricep Extensions								
1-2 minute rest								
3 Sets								
Tricep Extensions								
Crunches								
1-2 minute rest								

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Back & Biceps	Week 1				Week 2			
4 Sets	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Pull Downs								
1-2 minute rest								
4 Sets								
Rows								
1-2 minute rest								
4 Sets								
Pull Downs								
1-2 minute rest								
3 Sets								
Lower Back Extensions								
Bicep Curls								
1-2 minute rest								
3 Sets								
Bicep Curls								
Sit Ups								
1-2 minute rest								

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Legs	Week 1				Week 2			
4 Sets	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Quads								
1-3 minute rest								
4 Sets								
Hamstring								
1-2 minute rest								
4 Sets								
Quads								
1-2 minute rest								
3 Sets - Superset All 3								
Quads								
Hamstrings								
Calf Raises								
1-2 minute rest								
3 Sets								
Calf Raises								
1-2 minute rest								

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Shoulders (& Arms)	Week 1				Week 2			
4 Sets	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Seated Press								
1-2 minute rest								
4 Sets								
Raise								
1-2 minute rest								
4 Sets								
Upright Row								
1-2 minute rest								
3 Sets								
Front Raise								
Bicep Curls								
1-2 minute rest								
3 Sets								
Shrugs								
Triceps Extensions								
1-2 minute rest								

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Feedback

I would love to hear what you thought of this workout programming template. Please shoot me an email or contact us on any social media channel to voice your opinion.

Look forward to hearing from you.

Thanks for choosing Open Sky Fitness! :)

Rob