

RM 12–FM: Split Routines for Resistance Training

The following page provides examples of routines to be considered when developing a resistance training routine:

- Two-Day Split Routine
- Three-Day Split Routine
- Four-Day Split Routine

Also provided is an example of a Total Body Resistance Routine in two-day, three-day, and four-day formats. Be sure to include at least one to two days of rest to allow for recovery.

To determine the appropriate number of sets and repetitions for resistance training, refer to the following table.

Defining Participant Experience			
Participant	Stage of Change	Resistance Training Recommendations	Muscular Endurance and Strength Training
Beginner Little or no previous experience	<ul style="list-style-type: none"> ▪ Pre-contemplation ▪ Contemplation ▪ Preparation/ Decision 	1 exercise per body part 1 set per body part	Endurance training for first six weeks
Intermediate Limited experience but active within last three months	<ul style="list-style-type: none"> ▪ Action 	1 or 2 exercises per body part 1 or 2 sets per body part (As one becomes more experienced with resistance training, one will need to increase the sets and exercises to create overload and to challenge the body.)	Endurance and strength training
Advanced Prior experience and active for last six months	<ul style="list-style-type: none"> ▪ Maintenance 	1 to 3 exercises per body part 1 to 3 sets per body part (As one becomes more experienced with resistance training, one will need to increase the sets and exercises to create overload and to challenge the body.)	Endurance and strength training

Continued

RM 12–FM: Split Routines for Resistance Training *(Continued)*

Two-Day Split Routine

Ideal for Beginner, Intermediate, and/or Advanced	Day 1	Legs	Back	Biceps	Core
	Day 2	Chest	Triceps	Shoulder	
	Day 3	Rest or go back to Day 1 and repeat.			

Three-Day Split Routine

For Intermediate or Advanced	Day 1	Chest	Triceps	Shoulders
	Day 2	Back	Biceps	Core
	Day 3	Quads	Hamstrings	Calves
	Day 4	Rest or go back to Day 1 and repeat.		

Four-Day Split Routine

For Intermediate or Advanced	Day 1	Chest	Triceps	Core
	Day 2	Quads	Hamstrings	
	Day 3	Back	Biceps	
	Day 4	Shoulders	Core	
	Day 5	Rest or go back to Day 1 and repeat.		

Total Body Resistance Routine

Ideal for Beginner, Intermediate, or Advanced	Day 1 Day 3 Day 5 Day 7 Day 1 (Rest) Day 2 Day 4 Day 6 Day 7 (Rest) Day 1 Repeat	Order of Exercises Chest Back Triceps Biceps Shoulders Legs Core
	Day 1 Day 3 Day 5 Repeat	Order of Exercises Chest Back Triceps Biceps Shoulders Legs Core
	Day 1 Day 5 Repeat	Order of Exercises Chest Back Triceps Biceps Shoulders Legs Core