

ACE Workout Builder – Split Routine

Focus: Function

Client name: _____ Date: _____ Age: _____

Goals: _____

Experience level: _____

Intensity: _____ Repetitions: _____ Sets: _____ Tempo: _____ Rest: _____

Equipment availability: _____

Workouts/week: _____

Function

Exercise list:

Pushing	Pulling	Bend-and-Lift	Single-leg	Rotation

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SPLIT ROUTINE – 4 DAYS/WEEK

Day 1: Pick at least 2 exercises from the Pushing column, at least 2 exercises from the Pulling column and at least 2 exercises from the Rotation column.

Pushing (chest and shoulders)	Pulling (back)	Rotation

Day 2: Pick at least 5 exercises from the Bend-and-Lift column.

Bend-and-Lift

Day 3: Pick at least 3 exercises from the Pushing column and at least 3 exercises from the Pulling column.

Pushing (arms)	Pulling (arms)

Day 4: Pick at least 3 exercises from the Single-leg column and at least 3 exercises from the Rotation column.

Single-leg	Rotation

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SPLIT ROUTINE – 5 DAYS/WEEK

Day 1: Pick at least 5 exercises from the Pushing column.

Pushing (chest, shoulders and arms)

Day 2: Pick at least 5 exercises from the Bend-and-Lift column.

Bend-and-Lift

Day 3: Pick at least 5 exercises from the Pulling column.

Pulling (arms and back)

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Day 4: Pick at least 5 exercises from the Single-leg column.

Single-leg

Day 5: Pick at least 5 exercises from the Rotation column.

Rotation

SPLIT ROUTINE – 6 DAYS/WEEK

Day 1: Pick at least 5 exercises from the Pushing column.

Pushing (chest and shoulders)

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Day 2: Pick at least 5 exercises from the Pulling column.

Pulling (upper back)

Day 3: Pick at least 5 exercises from the Bend-and-Lift column.

Bend-and-Lift

Day 4: Pick at least 5 exercises from the Pushing and Pulling columns.

Pushing and Pulling (arms)

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Day 5: Pick at least 5 exercises from the Rotation column.

Rotation (torso and low-back)

Day 6: Pick at least 5 exercises from the Single-leg column.

Single-leg