

ACE Workout Builder – Split Routine

Focus: Function				
Client name:			Date:	Age:
Goals:				
Experience level:				
Intensity:	Repetitions:	Sets:	Tempo:	Rest:
Equipment availability	y:			
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	d-and-	Lift column
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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

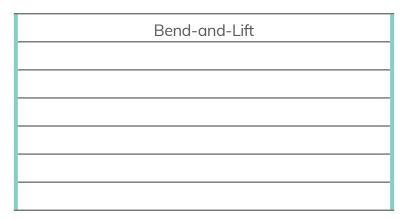
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SPLIT ROUTINE - 5 DAYS/WEEK

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.



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

Pulling (arms and back)

Day 4: Pick at least 5 exercises from the Single-leg col	umn.
Single-leg	
Day 5: Pick at least 5 exercises from the Rotation colur	mn.
Rotation	
SPLIT ROUTINE – 6 DAYS/WEEK	
Day 1: Pick at least 5 exercises from the Pushing colun	nn.
Pushing (chest and shoulders)	

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 column	S.
Pushing and Pulling (arms)	

Day 5: Pick at least 5 exercises from the Rotation colu	mn.
Rotation (torso and low-back)	
Day 6: Pick at least 5 exercises from the Single-leg col	umn.
Single-leg	