

# ACE Workout Builder – Split Routine

Focus: **Body Area/Muscle Group**

Client name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

Goals: \_\_\_\_\_

Experience level: \_\_\_\_\_

Intensity: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Tempo: \_\_\_\_\_ Rest: \_\_\_\_\_

Equipment availability: \_\_\_\_\_

Workouts/week: \_\_\_\_\_

## Body Area/Muscle Group

Exercise list:

Upper Body				Torso	Lower Body	
Chest	Back	Shoulders	Arms	Torso	Hips	Legs

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## SPLIT ROUTINE – 4 DAYS/WEEK

**Day 1:** Pick at least 1 exercise from each Upper Body column and at least 2 exercises from the Torso column.

Chest	Back	Shoulders	Arms	Torso

**Day 2:** Pick at least 2 exercises from each Lower Body column.

Hips	Legs

**Day 3:** Pick at least 1 exercise from each Upper Body column.

Chest	Back	Shoulders	Arms

**Day 4:** Pick at least 2 exercises from each Lower Body column and at least 2 exercises from the Torso column.

Hips	Legs	Torso

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## SPLIT ROUTINE – 5 DAYS/WEEK

**Day 1:** Pick at least 4 exercises from the Chest column.

Chest

**Day 2:** Pick at least 4 exercises from the Back column and at least 3 exercises from the Torso column.

Back	Torso

**Day 3:** Pick at least 2 exercises from each Lower Body column.

Hips	Legs

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**Day 4:** Pick at least 5 exercises from the Shoulders column and at least 3 exercises from the Torso column.

Shoulders	Torso

**Day 5:** Pick at least 4 exercises from the Arms column.

Arms

### **SPLIT ROUTINE – 6 DAYS/WEEK**

**Day 1:** Pick a total of at least 5 exercises from the two Lower Body columns.

Hips/Legs

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

Back

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

Chest

**Day 4:** Pick at least 5 exercises from the Shoulders column.

Shoulders

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**Day 5:** Pick at least 5 exercises from the Arms column.

Arms

**Day 6:** Pick at least 5 exercises from the Torso column.

Torso