



Training plan

Full body 3x per week

Two sessions, A and B, in rotation, three training days per week

Every muscle group is trained three times a week, using a few main lifts that are easy to progress. Good for beginners, returning lifters and anyone short on time. A session takes about 60 to 75 minutes.

Weekly schedule

Mon Session A	Tue Rest	Wed Session B	Thu Rest	Fri Session A	Sat Rest	Sun Rest
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Start the following week with B (B, A, B), then A, B, A again. At least one rest day between sessions.

How the plan works

Progression: double progression

1. Start with a weight where you hit the bottom of the rep range in all sets at the RIR target.
2. Add reps from session to session until you reach the top of the range in all sets.
3. Then increase the weight by the smallest sensible step (barbell usually 2.5 kg, dumbbell and machine the next step up) and start at the bottom of the range again.

RIR: reps in reserve

RIR 2 means: at the end of the set you could still do two clean reps. Main lifts at RIR 1 to 3, isolation exercises can go closer to failure (RIR 0 to 1).

Rest

Main lifts 2 to 3 minutes, isolation exercises 1 to 2 minutes.

If you stall

If performance drops over two to three sessions, plan an easier week: half the sets, RIR 3 to 4. Also check sleep and calories.

Warm-up

- 5 to 10 minutes easy on a bike, treadmill or rower.
- Before the first main lift, 2 to 4 warm-up sets with increasing weight, for example empty bar x 10, then about 50% x 5, 70% x 3 and 85% x 1 of your working weight.
- Other exercises: one light set is usually enough.

General information, not medical advice. If you have a medical condition, pain or are pregnant, get medical clearance first.

Session A

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Back squat	3 x 6-8	2						
Bench press	3 x 6-8	2						
Barbell row	3 x 8-10	2						
Romanian deadlift	2 x 8-10	2						
Lateral raise	2 x 12-15	1						
Calf raise	2 x 10-15	1						

Session B

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Deadlift	2 x 5-6	2-3						
Standing overhead press	3 x 6-8	2						
Pull-ups (or lat pulldown)	3 x 6-10	2						
Leg press	3 x 10-12	2						
Incline dumbbell press	2 x 8-12	2						
Biceps curl	2 x 10-15	1						
Cable triceps pushdown	2 x 10-15	1						

In the week columns, enter weight x reps, for example 60 x 8.