

## 2-Day Split Schedule Options

Description	M	T	W	T	F	S	S	M	T	W	T	F	S
1-1-1-1	on	off	on	off	on	off	on	off	on	off	on	off	on
2-1-1-1	on	on	off	on	off	on	off	on	on	off	on	off	on
2-1-2-2	on	on	off	on	on	off	off	on	on	off	on	on	off

Now, check the following Failure Test Table:

1RM		3 Reps	8 Reps
100		90	85
110		100	95
120		110	100
130		120	110
140		130	120
150		140	125
160		150	135
170		155	145
180		165	150
190		175	160
200		185	170
205		190	175
210		195	175
215		200	180
220		205	185
225		210	190
230		210	195
235		215	200
240		220	205
245		225	205
250		230	210
255		235	215
260		240	220
265		245	225
270		250	230
275		255	230
280		260	235
285		265	240
290		270	245
295		270	250
300		275	255
305		280	255
310		285	260
320		295	270
330		305	280
340		315	285
350		325	295
360		330	305
370		340	310
380		350	320
390		360	330
400		370	340
410		380	345
420		390	355
430		395	365
440		405	370
450		415	380
460		425	390
470		435	395
480		445	405
490		455	415
500		460	420

Find your weights on the Progression Table on page 7; then write them in on the Program Page.

	WORKOUT#	1		
1RM		8	6	5
290		190	215	230

WORKOUT#1	①	②	③
Date:	1 @ 190 x 8	1 @ 215 x 6	3 @ 230 x 5