

## **How to Navigate Your Program Template** Plus: Tips & Tricks For Getting The Most Out of Your Program

**Exercise Selection:** Use the drop-down menu under the exercise selection column (column C) to choose exercises based on the movement pattern. A video link will appear (column D)–watch video to understand proper technique.

В	С	D	E	
	WARM UP / CARDIO NOTES	WABM UP / CARDIO NOTES		
d leg swings, bodyweight squ	of steady state cardio to elevate body te ats. working weight for 6-8, 75% for 3-5, 9			
FULL BODY DAY 1				
Exercise Type	Exercise Selection	Video	1st Set Reps	
Lower Body Push	Smith Machine Squat	Click Here	6-10	
pper Body Vertical Pull	(Pullup 🗕 🗣	Click Here	8-12	
ower Body Hamstring Isolation	Eccentric Slider Leg Curr		10-15	
Joper Body Push	Machine Press		8-12	
Shoulder Isolation	Machine Lateral Raise	Click here	10-20	
Arm Isolation (Triceps)	Dios	Click Here	10-20	
while isolation (inceps)	College Co	Summer Street		

**Rep Range:** A target rep range for the first set will auto-populate (column E). Follow it and perform the recommended number of sets.

В	C	D	E					
	WARM UP / CARDIO NOTES							
General warm up: 5-10 mins of steady state cardie to elevate body temp. Dynamic stretches such as arm and log swings, bodyweight squats. Warm up to work sets: 50% working weight for 6-8, 15% for 3-5, 90% for 1-3, 100% for 1.								
FULL BODY DAY 1								
Exercise Type	Exercise Selection	Video 🤇	1st Set Reps					
Lower Body Push	Smith Machine Squat	Click Here	6-10					
	Smith Machine Squat		6-10 8-12					
Upper Body Vertical Pull		Click Here						
Upper Body Vertical Pull Lower Body Hamstring Isolation	Pullup	Click Here	8-12					
Upper Body Vertical Pull Lower Body Hamstring Isolation Upper Body Push	Pullup - Eccentric Slider Leg Curl -	Click Here Click Here Click Here Click Here	8-12 10-15					
Lower Body Push Upper Body Vertical Pull Lower Body Hamstring Isolation Upper Body Push Shoulder Isolation Arm Isolation (Triceps)	Pullup Eccentric Slider Leg Curl Machine Press	Click Here Click Here Click Here Click Here Click Here	8-12 10-15 8-12					

**Volume Adjustment:** Start with fewer sets during the first few weeks and add more sets as you progress over 8 weeks. Add sets if muscle fatigue and soreness dissipate days before your next session for that muscle group.

**Exercise Variation:** If the same movement pattern repeats later in the week, pick a different exercise or rep range.

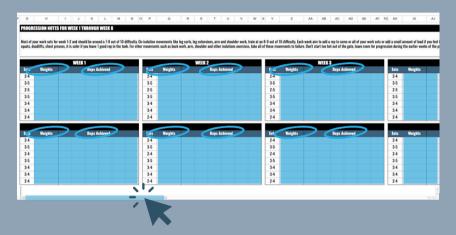
**Avoid Early Failure:** Don't take every set to failure at the start–save that for the final 1-2 weeks!

Thank you for purchasing your oPEX Online Programmed Exercise From PEX Health and Fitness!



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**Track Progress:** Record the number of reps and weights for each exercise in the left panel of your sheet to build on your prior week's performance. Use the sliding bar at the bottom of the left panel to progress through each week.



**Time Efficiency:** If short on time, superset upper and lower body exercises.. Perform accessory work as a circuit for faster workouts. *Recommended for 2 day and 3 day programs only.* 

**Deload Week:** Follow the deload instructions at the end of the program (the last tables at the far right of the sheet) for recovery before repeating

	WEEK 7		WEEEK 8			DELOAD WEEK	
Weights	Reps Achieved	Sets Weights	Rops Achieved	Sets	Reps	Weights	Reps Achieved
		24		1-2	2-3 Reps Less Than Week 8	80% of Week 8 Load	
		35		12	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		25		1.2	2-3 Reps Less Than Week 8	80% of Week 8 Load	
		35		12	2-3 Reps Less Than Week 8	80% of Week 8 Load	
		34		12	2-3 Reps Less Than Week 8	80% of Work 8 Load	
		34		12	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		24		12	2-3 Roys Less Than Week 8	80% of Week 8 Load	
Neights	Reps Achieved	Sets Weights	Reps Achieved	Sets	Reps	Weights	Reps Achieved
		24		12	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		35		1.2	2-3 Reps Less Than Week 8	80% of Week 8 Load	
		24		12	2-3 Reps Less Than Week 8	80% of Week 8 Load	
		35		1.2	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		34		1.2	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		34		12	2-3 Reps Less Than Work 8	80% of Week 8 Load	
		24		12	2-3 Reps Less Than Week 8	80% of Week 8 Load	

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