

# 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.

WARM UP / CARDIO NOTES			
<p><b>General warm up:</b> 5-10 mins of steady state cardio to elevate body temp. Dynamic stretches such as arm and leg swings, bodyweight squats.  <b>Warm up to work sets:</b> 50% working weight for 6-8, 75% for 3-5, 90% for 1-3, 100% for 1.</p>			
FULL BODY DAY 1			
Exercise Type	Exercise Selection	Video	1st Set Reps
Lower Body Push	Smith Machine Squat	<a href="#">Click Here</a>	6-10
Upper Body Vertical Pull	Pullup	<a href="#">Click Here</a>	8-12
Lower Body Hamstring Isolation	Eccentric Slider Leg Curl	<a href="#">Click Here</a>	10-15
Upper Body Push	Machine Press	<a href="#">Click Here</a>	8-12
Shoulder Isolation	Machine Lateral Raise	<a href="#">Click Here</a>	10-20
Arm Isolation (Triceps)	Dips	<a href="#">Click Here</a>	10-20
Abs (Isometric)	Half Kneeling Pallof Pre...	<a href="#">Click Here</a>	30-60sec

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

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**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.

**PROGRESSION NOTES FOR WEEK 1 THROUGH WEEK 6**

Most of your work sets for week 1-2 and should be around a 7-8 out of 10 difficulty. On isolation movements like leg curls, leg extensions, arm and shoulder work, train at 8-9 out of 10 difficulty. Each week aim to add a rep to some or all of your work sets or add a small amount of load if you feel it's safe. On compound movements like squats, deadlifts, chest presses, it is safer if you leave 1 good rep in the tank. For other movements such as back work, arms, shoulder and other isolation exercises, take all of these movements to failure. Don't start too hot out of the gate, leave room for progression during the earlier weeks of the program.

WEEK 1		WEEK 2		WEEK 3	
Set	Weights	Set	Weights	Set	Weights
2.4		2.4		2.4	
3.5		3.5		3.5	
2.4		2.4		2.4	
3.4		3.4		3.4	
3.4		3.4		3.4	
2.4		2.4		2.4	

**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

**PROGRESSION NOTES FOR DELOAD WEEK**

During the last 1-2 weeks of your training program, most of your sets should be done to a 9-10 out of 10 difficulty. For large compound movements such as squats, deadlifts, chest presses, and other compound movements, train at 9-10 out of 10 difficulty. For isolation movements like leg curls, leg extensions, arm and shoulder work, train at 8-9 out of 10 difficulty. Each week aim to add a rep to some or all of your work sets or add a small amount of load if you feel it's safe. On compound movements like squats, deadlifts, chest presses, it is safer if you leave 1 good rep in the tank. For other movements such as back work, arms, shoulder and other isolation exercises, take all of these movements to failure. Don't start too hot out of the gate, leave room for progression during the earlier weeks of the program.

WEEK 7		WEEK 8		DELOAD WEEK	
Set	Weights	Set	Weights	Set	Weights
2.4		2.4		1.2	
3.5		3.5		1.2	
2.4		2.4		1.2	
3.4		3.4		1.2	
3.4		3.4		1.2	
2.4		2.4		1.2	

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