

divisions for organizing weight training

weight training can have several divisions for different routines.

ab training

this type of training divides the muscles into two groups: lower and upper. then the trainee alternates between lower and upper body workouts each day, training each muscle group two or three times a week.

option 1:

monday: lower body (a)

tuesday: upper body (b)

wednesday: rest

thursday: lower body (a)

friday: upper body (b)

saturday and sunday: rest

option 2:

monday: lower body (a)

tuesday: upper body (b)

wednesday: lower body (a)

thursday: upper body (b)

friday: lower body (a)

saturday: upper body (b)

sunday: rest

abc training

in this abc training, the muscles are divided into three groups, and each group is worked out 1 or 2 times a week. there are several combinations of muscle groups that can be exercised each day, such as:

a: chest, triceps, shoulders; b: back, biceps; c: lower body;

a: back, biceps, shoulders; b: thighs, glutes, lower back; c: chest, triceps, abs;

a: chest, triceps; b: back, biceps; c: legs, shoulders;

a: chest, back; b: biceps, triceps; c: legs, shoulders.

option 1:

monday: chest, triceps, shoulders (a)

tuesday: rest

wednesday: legs (b)

thursday: rest

friday: back, biceps, trapezius (c)

saturday and sunday: rest

option 2:

monday: chest, triceps, shoulders (a)

tuesday: back, biceps, trapezius (b)

wednesday: legs (c)

thursday: chest, triceps, shoulders (a)

friday: back, biceps, trapezius (b)

saturday: legs (c)

sunday: rest

abcd training

in this type of training, the division is made into four muscle groups, and each muscle group will be exercised once a week.

option:

monday: back and trapezius (a)
tuesday: chest and shoulders (b)
wednesday: rest
thursday: complete legs (c)
friday: triceps, biceps, forearms (d)
saturday and sunday: rest

abcde training

in this abcde training, the division is made into five muscle groups, and each of these groups will be exercised once a week.

option 1:

monday: triceps, biceps, abs (a)
tuesday: complete legs (b)
wednesday: shoulders, trapezius, abs (c)
thursday: back and calves (d)
friday: chest and abs (e)
saturday and sunday: rest

option 2:

monday: triceps, biceps, abs (a)
tuesday: complete legs (b)
wednesday: shoulders, trapezius, abs (c)
thursday: rest
friday: back and calves (d)
saturday: chest and abs (e)
sunday: rest