

SPLIT RECOMENDADO	
Segunda-feira	Push Day
Terça-feira	Pull Day
Quarta-feira	Leg Day
Quinta-feira	Descanso
Sexta-feira	Push Day II
Sábado	Pull Day II
Domingo	Descanso

BIG GUNS

PUSH DAY																																					
EXERCÍCIO	OBSERVAÇÃO	SEMANA 1			SEMANA 2			SEMANA 3			SEMANA 4			SEMANA 5			SEMANA 6			SEMANA 7			SEMANA 8			SEMANA 9			SEMANA 10			SEMANA 11			SEMANA 12		
		SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE			
Supino Reto Articulado	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Peck Deck	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Tríceps Supino 30° (Smith)	Cluster-set	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	6-8 (4x2)	8.5	3	4-6 (2x3)	8	2	3-5 (3x2)	8	2	12-15	5	3	8-10 (3x4)	8	4	7-9 (3x3)	8.5	4	8-10 (3x4)	9	3	7-9 (3x3)	9	4	7-9 (3x3)	10	4	8-10 (3x4)	10
Elevação lateral banco 45°	-	3	7-9	9	4	7-9	9	4	7-9	8.5	3	7-9	8	2	7-9	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	7-9	9	4	7-9	10	4	8-10	10
Elevação Frontal (Polia)	-	3	7-9	9	4	7-9	9	4	7-9	8.5	3	7-9	8	2	7-9	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	7-9	9	4	7-9	10	4	8-10	10
Tríceps Francês Unilateral (Polia)	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Tríceps Coice (Polia)	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10

PULL DAY																																					
EXERCÍCIO	OBSERVAÇÃO	SEMANA 1			SEMANA 2			SEMANA 3			SEMANA 4			SEMANA 5			SEMANA 6			SEMANA 7			SEMANA 8			SEMANA 9			SEMANA 10			SEMANA 11			SEMANA 12		
		SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE			
Puxada Alta (Pronada)	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Meadows Row	Dead Stop	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Serrote	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10
Rosca Direta com barra	Cluster-set	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	6-8 (4x2)	8.5	3	4-6 (2x3)	8	2	3-5 (3x2)	8	2	12-15	5	3	8-10 (3x4)	8	4	7-9 (3x3)	8.5	4	8-10 (3x4)	9	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	8-10 (3x4)	10
Rosca Cruz Unilateral	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Rosca Martelo Braço Apoiado	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10
Abdômen na Polia	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10

LEG DAY																																					
EXERCÍCIO	OBSERVAÇÃO	SEMANA 1			SEMANA 2			SEMANA 3			SEMANA 4			SEMANA 5			SEMANA 6			SEMANA 7			SEMANA 8			SEMANA 9			SEMANA 10			SEMANA 11			SEMANA 12		
		SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE			
Hack Squat	Cluster-set	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	6-8 (4x2)	8.5	3	4-6 (2x3)	8	2	3-5 (3x2)	8	2	12-15	5	3	8-10 (3x4)	8	4	7-9 (3x3)	8.5	4	8-10 (3x4)	9	3	7-9 (3x3)	9	4	7-9 (3x3)	10	4	8-10 (3x4)	10
Romanian Deadlift (RDL) Barra	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10
Elevação Pélvica	Pico de Contração 2"	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10
Mesa Flexora	Cluster-set	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	6-8 (4x2)	8.5	3	4-6 (2x3)	8	2	3-5 (3x2)	8	2	12-15	5	3	8-10 (3x4)	8	4	7-9 (3x3)	8.5	4	8-10 (3x4)	9	3	7-9 (3x3)	9	4	7-9 (3x3)	10	4	8-10 (3x4)	11
Cadeira Extensora	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Gêmeos em Pé (Smith)	Alongar entre séries	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11

PUSH DAY II													
		SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4	SEMANA 5	SEMANA 6	SEMANA 7	SEMANA 8	SEMANA 9	SEMANA 10	SEMANA 11	SEMANA 12

EXERCÍCIO	OBSERVAÇÃO	SEMANA 1			SEMANA 2			SEMANA 3			SEMANA 4			SEMANA 5			SEMANA 6			SEMANA 7			SEMANA 8			SEMANA 9			SEMANA 10			SEMANA 11			SEMANA 12		
		SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE
Supino Inclinado (H)	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	9
Cross Over Polia Alta	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Cross Over Polia Baixa	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Elevação Lateral (H)	Back-off set	3	7-9	9	4	7-9	9	4	7-9	8.5	3	7-9	8	2	7-9	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	7-9	9	4	7-9	10	4	8-10	10
Elevação Y Banco 45°	-	3	7-9	9	4	7-9	9	4	7-9	8.5	3	7-9	8	2	7-9	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	7-9	9	4	7-9	10	4	8-10	10
JM Press (Smith)	Cluster-set	3	7-9 (3x3)	9	4	7-9 (3x3)	9	4	6-8 (4x2)	8.5	3	4-6 (2x3)	8	2	3-5 (3x2)	8	2	12-15	5	3	8-10 (3x4)	8	4	7-9 (3x3)	8.5	4	8-10 (3x4)	9	3	7-9 (3x3)	9	4	7-9 (3x3)	10	4	8-10 (3x4)	10
Tríceps Pulley	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
PULL DAY II																																					
EXERCÍCIO	OBSERVAÇÃO	SEMANA 1			SEMANA 2			SEMANA 3			SEMANA 4			SEMANA 5			SEMANA 6			SEMANA 7			SEMANA 8			SEMANA 9			SEMANA 10			SEMANA 11			SEMANA 12		
		SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE	SÉRIES	REPS	RPE
Remada Curvada (Supinada)	Pirâmide Crescente	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Remada Peito Apoiado	Pico de contração 2"	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Pull Around	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Rosca Inclinada	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	10
Rosca Spider Barra W	-	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	9	4	8-10	11
Rosca Inversa Na Polia	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	11
Abdômen na Polia	Back-off set	3	7-9	9	4	7-9	9	4	6-8	8.5	3	4-6	8	2	3-5	8	2	12-15	5	3	8-10	8	4	7-9	8.5	4	8-10	9	3	5-7	9	4	7-9	10	4	8-10	10