

Casual Plans

Instructions

- The CASUAL templates are for people who plan to train **2-3 days per week**. The objective is to train your full body every time you show up to the gym. Therefore, there is only ONE full-body training split that you should repeat every time you show up to the gym.
- You may switch between 60- and 90-minute training day plans depending on time constraints.
- You may also switch between strength and hypertrophy-focused plans. But I recommend that you stick to either a strength or hypertrophy plan for at least a few months before switching.
- **You should repeat these 1-day splits for a long period of time and strive to progressively overload each time you follow each training day plan.** But you should start out by going EASY and then PROGRESSIVELY INCREASE THE WEIGHT AND INTENSITY (or any other form of progressive overload per the progressive overload section of this book)!
- Do not train with weights two days in a row. Make sure you have at least one non-lifting day in between weight training days!
- Don't forget to warm-up with 10 minutes of moderate intensity cardio.
- Make sure you READ the notes for each exercise where they are indicated. THEY ARE IMPORTANT!!!! **DON'T BE A MORON WHO DOESN'T READ!!!**
- Make sure you go in the order of the plans from top to bottom of the page. All plans begin with a compound movement of choice because those are the hardest. **Don't bullshit me and do your curls before your bench!**
- Weights are just a suggestion of how to progress in weight. Always choose weights that allow you to achieve the desired intensity in the target rep range.
- Do not go "all out" at first! I do not want you to overtrain. You have to "do more than last time," but you also have to crawl before you walk and walk before you run.

#1

CASUAL TEMPLATE I

I-Day Split
60 Minutes
Hypertrophy

Coach Greg's Casual Template I

1-Day Split | 60 Minutes | Hypertrophy

DAY I - FULL BODY

PART 1: SQUATS & LATS/BICEPS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a SLOW eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down**: focus on controlling the weight/a **slow eccentric**.
- It's OK to rest a bit longer if you need it.
- If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back/Biceps	Chin-up/Supinated Grip Lat Pull-down	15	1 min	Light	Easy			
2	Squat	Squat of Choice or Leg Press	15	1 min	Light	Easy			
3	Back	Pull-up/Lat Pull-down	12-15	1-2 min	Moderate	Moderate			
4	Squat	Squat of Choice or Leg Press	12-15	1-2 min	Moderate	Moderate			
5	Back/Biceps	Chin-up/Supinated Grip Lat Pull-down	11-15	1-2 min	Heavy	Hard			
6	Squat	Squat of Choice or Leg Press	11-15	1-2 min	Heavy	Hard			
7	Back	Pull-up/Lat Pull-down	11-15	1-2 min	Heavy	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- Deadlifts:** No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps. Leave your ego at the door and RESET all of your deadlift reps, except for the last ALL OUT set (you can touch-and-go that set). This will eliminate the stretch reflex effect and make the exercise HARDER THAN LAST TIME!
- Bench:** **LEAVE YOUR EGO AT THE DOOR and PAUSE on ALL sets (except the very last ALL OUT set). This will help you avoid injury!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	15	1 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	15	1 min	Light	Easy			
3	Deadlift	Deadlift of Choice	12-15	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	12-15	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	10-12	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	10-12	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12-15	1-2 min	Moderate/Heavy	Moderate/Hard			
8	Chest	Chest Machine of Choice	12-15	1-2 min	Moderate/Heavy	Moderate/Hard			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-15	1-2 min	Heavier	Hard			
10	Chest	Chest Machine of Choice	10-15	1-2 min	Heavier	Hard			

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DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2 rounds of circuits/rotations of exercises.** You may do more than 2 rounds if you have time at the end of your workout.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. **Use the EXERCISE LIBRARY (pages 58-61) to help you choose.**
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on **controlling the weight/a slow eccentric.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press	20	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	20	15-45s	Moderate	Moderate			
	Triceps	Bodyweight or Machine Dips	20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	20	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press	12-15	15-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12-15	15-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	15-60s	Heavy	Hard			
	Triceps	Bodyweight or Machine Dips	12-15	15-60s	Heavy	Hard			
	Calves	Calf Raise	12-15	15-60s	Heavy	Hard			

#2

CASUAL TEMPLATE II

**I-Day Split
60 Minutes
Strength**

Coach Greg's Casual Template II

1-Day Split | 60 Minutes | Strength

DAY I - FULL BODY

PART 1: SQUATS & LATS/BICEPS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time but don't worry about a slow eccentric. **BANG OUT SOME STRONG REPS!!!**
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down**: focus on controlling the weight. *The eccentric should be half the speed of the concentric!*
- It's OK to rest a bit longer if you need it.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Back/Biceps	Chin-up/Supinated Grip Lat Pull-down	12	1 min	Light	Easy			
2	Squat	Squat of Choice or Leg Press	12	1 min	Light	Easy			
3	Back	Pull-up/Lat Pull-down	10	1-2 min	Moderate	Moderate			
4	Squat	Squat of Choice or Leg Press	10	1-2 min	Moderate	Moderate			
5	Back/Biceps	Chin-up/Supinated Grip Lat Pull-down	6-8	1.5-2 min	Heavy	Hard			
6	Squat	Squat of Choice or Leg Press	6-8	1.5-2 min	Heavy	Hard			
7	Back	Pull-up/Lat Pull-down	5-8	1.5-2 min	Heavy	Harder			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- Deadlifts**: No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps. **Leave your ego at the door and RESET all of your deadlift reps, except for the last ALL OUT set (you can touch-and-go that set). This will eliminate the stretch reflex effect and make the exercise HARDER THAN LAST TIME!**
- Bench**: **LEAVE YOUR EGO AT THE DOOR and PAUSE on ALL sets (except the very last ALL OUT set). This will help you avoid injury!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	12	1 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	12	1 min	Light	Easy			
3	Deadlift	Deadlift of Choice	10	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	10	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	5-8	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	5-8	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-12	1-2 min	Moderate/Heavy	Moderate/Hard			
8	Chest	Chest Machine of Choice	10-12	1-2 min	Moderate/Heavy	Moderate/Hard			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	6-8	1-2 min	Heavier	Hard			
10	Chest	Chest Machine of Choice	6-8	1-2 min	Heavier	Hard			

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Coach Greg's Casual Template II

1-Day Split | 60 Minutes | Strength

DAY I - FULL BODY

PART 3: ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2 rounds of circuits/rotations of exercises.** You may do more than 2 rounds if you have time at the end of your workout.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. **Use the EXERCISE LIBRARY (pages 58-61) to help you choose.**
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on **controlling the weight/a slow eccentric.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press	12	45-90s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	12	45-90s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12	45-90s	Moderate	Moderate			
	Calves	Calf Raise	12	45-90s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press	8-10	45-90s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	8-10	45-90s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	45-90s	Heavy	Hard			
	Calves	Calf Raise	8-10	45-90s	Heavy	Hard			
ROUND 3	Shoulders	Shoulder Press	8-10	45-90s	Same	Harder			
	Biceps	Seated Incline Dumbbell Curls	8-10	45-90s	Same	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	45-90s	Heavy	Harder			
	Calves	Calf Raise	8-10	45-90s	Same	Harder			



#3

CASUAL TEMPLATE III

**I-Day Split
90 Minutes
Hypertrophy**

Coach Greg's Casual Template III

1-Day Split | 90 Minutes | Hypertrophy

DAY I - FULL BODY

PART 1: SQUATS & LATS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a SLOW eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down**: focus on controlling the weight/a **slow eccentric**.
- It's OK to rest a bit longer if you need it.
- If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Squat	Squat of Choice or Leg Press	15	1-1.5 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down	15	1-1.5 min	Light	Easy			
3	Squat	Squat of Choice or Leg Press	12-15	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down	12-15	1-2 min	Moderate	Moderate			
5	Squat	Squat of Choice or Leg Press	11-15	1.5-2.5 min	Heavy	Hard			
6	Back	Chin-up/Supinated Grip Lat Pull-down	11-15	1.5-2.5 min	Heavy	Hard			
7	Squat	Squat of Choice or Leg Press	10-15	1.5-2.5 min	Same	Hard			
8	Back	Chin-up/Supinated Grip Lat Pull-down	10-15	1.5-2.5 min	Same	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time and focus on a **SLOW eccentric/TUT**. Each set should take approximately 30-40 seconds.
- Deadlifts**: No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps.
- Bench**: Leave your EGO at the DOOR and PAUSE on ALL sets. This will help you avoid injury!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	15	1-1.5 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	15	1-1.5 min	Light	Easy			
3	Deadlift	Deadlift of Choice	15	1.5-2 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	15	1.5-2 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	12-15	1.5-2 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	12-15	1.5-2 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	15	1-2 min	Moderate	Moderate			
8	Chest	Chest Machine of Choice	15	1-2 min	Moderate	Moderate			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12	1-2 min	Heavy	Hard			
10	Chest	Chest Machine of Choice	12	1-2 min	Heavy	Hard			
11	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	10-12	1-2 min	Same	Harder			
12	Chest	Chest Machine of Choice	10-12	1-2 min	Same	Harder			

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Coach Greg's Casual Template III

1-Day Split | 90 Minutes | Hypertrophy

DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 3 rounds of circuits/rotations of exercises.** You may do more rounds if you have time and feel like a BEAST.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. **Use the EXERCISE LIBRARY (pages 58-61) to help you choose.**
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on **controlling the weight/a slow eccentric.**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press of Choice	20	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	20	15-45s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	20	15-45s	Moderate	Moderate			
	Quads	Leg Press OR Leg Extension	20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl (seated or lying)	20	15-45s	Moderate	Moderate			
	Calves	Standing or Seated Calf Raise	20	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press of Choice	12-15	15-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12-15	15-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	15-60s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12-15	15-60s	Heavy	Hard			
	Calves	Standing or Seated Calf Raise	12-15	15-60s	Heavy	Hard			
ROUND 3	Shoulders	Shoulder Press of Choice	10-15	15-60s	Same	Harder			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	10-15	15-60s	Same	Harder			
	Biceps	Seated Incline Dumbbell Curls	10-15	15-60s	Same	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	10-15	15-60s	Same	Harder			
	Calves	Standing or Seated Calf Raise	10-15	15-60s	Same	Harder			



#4

CASUAL TEMPLATE IV

**I-Day Split
90 Minutes
Strength**

Coach Greg's Casual Template IV

1-Day Split | 90 Minutes | Strength

DAY I - FULL BODY

PART 1: SQUATS & LATS ALTERNATING SETS

Notes & Instructions

- For **Squat of Choice/Leg Press**: Control the weight the entire time and focus on a **SLOW** eccentric/TUT. Each set should take approximately 30-40 seconds.
- For **Pull-Up/Lat Pull-Down/Chin-Up/Supinated Grip Lat Pull-Down**: focus on controlling the weight/a **slow eccentric**.
- It's OK to rest a bit longer if you need it.
- **If you get 15 reps on the last 2 sets of squats or back, increase the weight next time.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Squat	Squat of Choice or Leg Press	12	1-1.5 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down	12	1-1.5 min	Light	Easy			
3	Squat	Squat of Choice or Leg Press	10	1.5-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down	10	1.5-2 min	Moderate	Moderate			
5	Squat	Squat of Choice or Leg Press	6-8	2-3 min	Heavy	Hard			
6	Back	Chin-up/Supinated Grip Lat Pull-down	6-8	2-3 min	Heavy	Hard			
7	Squat	Squat of Choice or Leg Press	5-8	2-3 min	Same	Hard			
8	Back	Chin-up/Supinated Grip Lat Pull-down	5-8	2-3 min	Same	Hard			

PART 2: DEADLIFT/ROW & BENCH/CHEST ALTERNATING SETS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hardest on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time and focus on a **SLOW eccentric/TUT**. Each set should take approximately 30-40 seconds.
- **Deadlifts**: No belt for the easy and moderate sets. Belt is optional for the hard set. For the All Out set you may wear a belt and straps.
- **Bench**: Leave your **EGO** at the **DOOR** and **PAUSE** on ALL sets. This will help you avoid injury!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	12	1-1.5 min	Light	Easy			
2	Bench	Paused Bench Press of Choice	12	1-1.5 min	Light	Easy			
3	Deadlift	Deadlift of Choice	8-10	2-3 min	Moderate	Moderate			
4	Bench	Paused Bench Press of Choice	8-10	2-3 min	Moderate	Moderate			
5	Deadlift	Deadlift of Choice	6-8	2-3 min	Heavy	Hard			
6	Bench	Paused Bench Press of Choice	6-8	2-3 min	Heavy	Hard			
7	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	12	2 min	Moderate	Moderate			
8	Chest	Incline Chest Press of Choice	12	2 min	Moderate	Moderate			
9	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	6-9	2 min	Heavy	Hard			
10	Chest	Incline Chest Press of Choice	6-9	2 min	Heavy	Hard			
11	Back	Row of Choice (Seated, Bent, Chest-Supported, Barbell, it doesn't matter!)	5-8	2 min	Same	Harder			
12	Chest	Incline Chest Press of Choice	5-8	2 min	Same	Harder			

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Coach Greg's Casual Template IV

1-Day Split | 90 Minutes | Strength

DAY I - FULL BODY (continued...)

PART 3: ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **This is a full-body circuit. Hit all the muscle groups. You can choose any exercise that is appropriate for that muscle.**
- **Do 2-3 rounds of circuits/rotations of exercises.** You may do 3 or more rounds if you have time and feel like a BEAST.
- **You can swap out exercises based on what YOU want to train.** For example, if your calves are already huge but your chest needs more work, you can swap out the calf exercise for a chest exercise. **Use the EXERCISE LIBRARY (pages 58-61) to help you choose.**
- If a machine is occupied and you can't do the full circuit, you can skip an exercise and then do it later.
- Focus on **controlling the weight/a slow eccentric.**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Shoulders	Shoulder Press of Choice	12	15-45s	Moderate	Moderate			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	12	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	12	15-45s	Moderate	Moderate			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	12	15-45s	Moderate	Moderate			
	Calves	Standing or Seated Calf Raise	12	15-45s	Moderate	Moderate			
ROUND 2	Shoulders	Shoulder Press of Choice	8-10	30-60s	Heavy	Hard			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	8-10	30-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	8-10	30-60s	Heavy	Hard			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	8-10	30-60s	Heavy	Hard			
	Calves	Standing or Seated Calf Raise	8-10	30-60s	Heavy	Hard			
ROUND 3 (optional)	Shoulders	Shoulder Press of Choice	7-10	45-90s	Heavier	Harder			
	Shoulders	Side Lateral Raises or Reverse Pec Deck or Face Pulls	7-10	45-90s	Heavier	Harder			
	Biceps	Seated Incline Dumbbell Curls	7-10	45-90s	Heavier	Harder			
	Triceps	Bodyweight/Machine Dips or Triceps Press-Down or Skullcrushers	7-10	45-90s	Heavier	Harder			
	Calves	Standing or Seated Calf Raise	7-10	45-90s	Heavier	Harder			



Moderate Plans

Instructions

- The MODERATE templates are for people who plan to train **4 days per week**. The objective is to train your full body twice per week. There are two splits within these training plans - a leg day and a chest/back day.
- You may switch between 60- and 90-minute training day plans depending on time constraints.
- You may also switch between strength and hypertrophy-focused plans. But I recommend that you stick to either a strength or hypertrophy plan for at least a few months before switching.
- **You should repeat these 2-day splits for a long period of time and strive to progressively overload each time you follow each training day plan.** But you should start out by going EASY and then PROGRESSIVELY INCREASE THE WEIGHT AND INTENSITY (or any other form of progressive overload per the progressive overload section of this book)!
- Don't forget to warm-up with 10 minutes of moderate intensity cardio.
- Make sure you READ the instructions & notes for each exercise where they are indicated. THEY ARE IMPORTANT!!!! **DON'T BE A MORON AND NOT READ!!!**
- Make sure you go in the order of the plans from top to bottom of the page. All plans begin with a compound movement of choice because those are the hardest. Don't bullshit me and do your curls before your bench!
- **Rest periods are guidelines.** Do the best you can to follow them but don't start a compound movement if you're too tired.
- Weights are just a suggestion of how to progress in weight. Always choose weights that allow you to achieve the desired intensity in the target rep range.
- Do not go "all out" at first! I do not want you to overtrain. You have to "do more than last time," but you also have to crawl before you walk and walk before you run.
- It may take a month or more before you are able to train to failure/all out.

#5

MODERATE TEMPLATE I

**2-Day Split
60 Minutes
Hypertrophy**

Coach Greg's Moderate Template I

3-Day Split | 60 Minutes | Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("**straight sets**").
- Control the weight the entire time and **focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	Barbell Squat of Choice Choose a barbell variation such as Back Squat or Front Squat. PAUSE ALL OF YOUR REPS!!	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	Machine Squat of Choice Choose a machine variation such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			
OPTION C	Legs	Leg Press	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Same	All Out			

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- Complete 3 rounds** of this rotation/circuit. Keep in mind that the first two rounds have more exercises than the 3rd round.
- This circuit is intended to hit any muscle groups you want to focus on. **You can change the exercises and targeted muscle groups as desired** (for ideas, use the **Exercise Library** on pages 58-61).
- Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)**
- You may use ANY kind of resistance that you have access to.** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. **Use what is available to you!**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice or Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Barbell or Dumbbell Curl	15-20	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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Coach Greg's Moderate Template I

3-Day Split | 60 Minutes | Hypertrophy

DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEG & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)									
Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 2	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard			
	Glutes	Hip Thrust of choice or Abductor Machine	12-15	30-60s	Heavy	Hard			
	Biceps	Barbell or Dumbbell Curl	12-15	30-60s	Heavy	Hard			
	Quads	Leg Extension	12-15	30-60s	Heavy	Hard			
	Hamstrings	Leg Curl	12-15	30-60s	Heavy	Hard			
	Biceps	Seated Incline Dumbbell Curls	12-15	30-60s	Heavy	Hard			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard			
ROUND 3	Biceps	Barbell or Dumbbell Curl	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12 + 5-10 partials	60-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + 5-10 partials	Call your Side Circle	Heavier	Hard/All Out			



Coach Greg's Moderate Template I

2-Day Split | 60 Minutes | Hypertrophy

DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.
- First 3 sets of deadlifts should have **FULL RESETS**. This means that you will pause the weight on the floor in between each rep. For the ALL OUT set, do touch-and-go style.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	20	1 min	Light	Easy			
		<i>Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.</i>	15	1-2 min	Moderate	Moderate			
			12	2-3 min	Heavy	Hard			
			10-15	2-3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- Alternate bench press sets with pull-up/lat pull-down sets.
- Control the weight the entire time.
- For **Pull-Up/Lat Pull-Down**, focus on controlling the weight/a **slow eccentric**.
- For **Bench**, pause on all sets.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Bench Press	15	1 min	Light	Easy			
2	Back	Neutral Grip Lat Pull-Down	15	1 min	Light	Easy			
3	Chest	Bench Press	12	1-1.5 min	Moderate	Moderate			
4	Back	Neutral Grip Lat Pull-Down	12	1-1.5 min	Moderate	Moderate			
5	Chest	Bench Press	10-12	1-2 min	Heavy	Hard			
6	Back	Neutral Grip Lat Pull-Down	10-12	1-2 min	Heavy	Hard			
7	Chest	Bench Press	9-12	1-2 min	Same	All Out			
8	Back	Neutral Grip Lat Pull-Down	9-12	1-2 min	Same	All Out			

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Coach Greg's Moderate Template I

2-Day Split | 60 Minutes | Hypertrophy

DAY 2 - UPPER BODY & BACK (continued)

PART 3: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- Alternate back exercises with chest exercises, followed by a triceps, back, and shrugs finisher sequence.
- For both bench and row, control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- **Wear straps for rows and shrugs.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Shoulder/Overhead Press of Choice	15-20	60-90s	Moderate	Moderate			
2	Back	Row of Choice	15-20	60-90s	Moderate	Moderate			
3	Shoulders	Shoulder/Overhead Press of Choice	15	60-90s	Moderate/ Heavy	Moderate/ Hard			
4	Back	Row of Choice	15	60-90s	Moderate/ Heavy	Moderate/ Hard			
5	Shoulders	Shoulder/Overhead Press of Choice	12-15	60-90s	Heavy	Hard			
6	Back	Row of Choice	12-15	60-90s	Heavy	Hard			
7	Triceps	Triceps Press-down/ Skullcrushers	12-15	60-90s	Moderate/ Heavy	Moderate/ Hard			
8	Back	Straight-Arm Push-Down	12-15	60-90s	Moderate/ Heavy	Moderate/ Hard			
9	Triceps	Triceps Press-down/ Skullcrushers	10-12	60-90s	Heavy	All Out			
10	Back	Straight-Arm Push-Down	10-12	60-90s	Heavy	All Out			
11	Traps	Dumbbell/Barbell Shrug (wear straps)	15-20 + 10 partials	Take your pumped up neck home harder than last time	Heavy	All Out			



#6

MODERATE TEMPLATE II

2-Day Split
60 Minutes
Strength

Coach Greg's Moderate Template II

3-Day Split | 60 Minutes | Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
JUST PICK 2!!!

- Complete all sets of the exercise before moving onto the next ("straight sets").
- Control the weight the entire time and **BANG OUT SOME STRONG REPS!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	Barbell Squat of Choice <i>Choose a barbell variation such as Back Squat or Front Squat.</i>	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	Machine Squat of Choice <i>Choose a machine variation such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.</i>	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	Leg Press	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heavier	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

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Coach Greg's Moderate Template II

3-Day Split | 60 Minutes | Strength

DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- **Complete 2 rounds** of this rotation/circuit **in any order**.
- This circuit is intended to hit any muscle groups you want to focus on. **You can change the exercises and targeted muscle groups as desired** (for ideas, use the **Exercise Library** on pages 58-61).
- **Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)**
- **You may use ANY kind of resistance that you have access to.** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. **Use what is available to you!**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Adductors	Adductor Machine/Side Leg Raise	15	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice OR Abductors	15	15-45s	Moderate	Moderate			
	Quads	Leg Extension	15	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15	15-45s	Moderate	Moderate			
	Biceps	Seated Incline Dumbbell Curls	15	15-45s	Moderate	Moderate			
	Calves	Standing or seated calf raise	15	15-45s	Moderate	Moderate			
ROUND 2	Adductors	Adductor Machine/Side Leg Raise	12-15	15-45s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice OR Abductors	10-12	15-45s	Heavier	Hard/All Out			
	Quads	Leg Extension	10-12	15-45s	Heavier	Hard/All Out			
	Hamstrings	Leg Curl	10-12	15-45s	Heavier	Hard/All Out			
	Biceps	Seated Incline Dumbbell Curls	8-12	15-45s	Heavier	Hard/All Out			
	Calves	Standing or seated calf raise	10-12	15-45s	Heavier	Hard/All Out			

PART 3: BICEPS/CALVES SUPERSET

Notes & Instructions

- Alternate biceps with calves.
- **Focus on controlling the weight/TUT (a slow eccentric).**
- On the last set of calves, do 5-10 partials after you can no longer do a full range-of-motion rep.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or bicep curls	15	15-45s	Heavy	Hard			
2	Calves	Standing or seated calf raise	20	15-45s	Heavy	Hard			
3	Biceps	Machine preacher curls or bicep curls	12-15	15-45s	Heavier	All Out			
4	Calves	Standing or seated calf raise	15-20	15-45s	Heavier	All Out			
5	Biceps	Machine preacher curls or bicep curls	10-15	15-45s	Same	All Out			
6	Calves	Standing or seated calf raise	15-20	15-45s	Same	All Out			



Coach Greg's Moderate Template II

2-Day Split | 60 Minutes | Strength

DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- Rest/Reset at the bottom of each deadlift EXCEPT for the All Out set.**
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice <i>Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.</i>	15	1 min	Light	Easy			
			12	1-1.5 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			5-8	3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- Alternate bench press sets with pull-up/lat pull-down sets.
- Control the weight the entire time.
- For **Pull-Up/Lat Pull-Down**, focus on controlling the weight/a **slow eccentric**.
- For **Bench**, pause on all sets.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Bench Press	15	1 min	Light	Easy			
2	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	15	1 min	Light	Easy			
3	Chest	Bench Press	12	1-1.5 min	Moderate	Moderate			
4	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	12	1-1.5 min	Moderate	Moderate			
5	Chest	Bench Press	8	2 min	Heavy	Hard			
6	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	8	2 min	Heavy	Hard			
7	Chest	Bench Press	5-8	2 min	Heavier	All Out			
8	Back	Neutral Grip Pull-Up/Neutral Grip Lat Pull-Down	5-8	2 min	Heavier	All Out			

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Coach Greg's Moderate Template II

2-Day Split | 60 Minutes | Strength

DAY 2 - UPPER BODY & BACK (continued)

PART 3: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- Alternate back exercises with chest exercises.
- For both chest and row, control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- **Wear straps for rows.**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Shoulders	Shoulder Press Machine/ Overhead Press	15	1 min	Moderate	Moderate			
2	Back	Barbell Row/T-Bar Row/ Seated Row	15	1 min	Moderate	Moderate			
3	Shoulders	Shoulder Press Machine/ Overhead Press	10	1-1.5 min	Heavy	Hard			
4	Back	Barbell Row/T-Bar Row/ Seated Row	10	1-1.5 min	Heavy	Hard			
5	Shoulders	Shoulder Press Machine/ Overhead Press	5-8	2 min	Heavier	All Out			
6	Back	Barbell Row/T-Bar Row/ Seated Row	5-8	2 min	Heavier	All Out			
7	Triceps	Triceps Press-down/ Skullcrushers	10-12	60-90s	Moderate/ Heavy	Moderate/ Hard			
8	Back	Straight-Arm Push-Down	10-12	60-90s	Moderate/ Heavy	Moderate/ Hard			
9	Triceps	Triceps Press-down/ Skullcrushers	8-10	60-90s	Heavy	All Out			
10	Back	Straight-Arm Push-Down	8-10	60-90s	Heavy	All Out			
11	Traps	Dumbbell/Barbell Shrug (wear straps)	10 + 10 partials	Take your pumped up neck home harder than last time	Heavy	All Out			



#7

MODERATE TEMPLATE III

**2-Day Split
90 Minutes
Hypertrophy**

Coach Greg's Moderate Template III

3-Day Split | 90 Minutes | Hypertrophy

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2 OUT OF THE FOLLOWING 3 EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!

- Complete all sets of the exercise before moving onto the next ("straight sets").
- Control the weight the entire time and **focus on TUT of approximately 30-45 seconds per set. Do not rush these exercises. It's not a race to see who can do the most reps the fastest!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	Barbell Squat of Choice Choose a barbell variation such as Back Squat or Front Squat. PAUSE ALL OF YOUR REPS!!	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10-12	2-3 min	Heavy	Hard			
			9-12	3-4 min	Same	All Out			
OPTION B	Squat	Machine Squat of Choice Choose a machine variation such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	3-4 min	Heavier	All Out			
OPTION C	Legs	Leg Press	15-20	1-2 min	Light	Easy			
			15	1-2 min	Moderate	Moderate			
			12-15	2-3 min	Heavy	Hard			
			10-15 + 5-10 partials	2-3 min	Heavier	All Out			

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- Choose any **5 out of the 7 accessory exercises** and complete **3 rounds** of a rotation/circuit in **any order**. It's okay to do these in a different order if the machine is occupied. Just find a way to do the exercises, and stop complaining!!
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). **You can change the exercises and targeted muscle groups as desired** (for ideas, use the **Exercise Library** on pages 58-61).
- Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)**
- You may use ANY kind of resistance that you have access to.** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. **Use what is available to you!**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Quads	Leg Extension	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Hamstrings	Leg Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			

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Coach Greg's Moderate Template III

3-Day Split | 90 Minutes | Hypertrophy

DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION (continued)

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 3	Quads	Leg Extension	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Adductors	Adductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Glutes	Abductor Machine	10-15 + 5 forced reps	30-75s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	10-15	30-75s	Same	Hard/All Out			
	Hamstrings	Leg Curl	10-15	30-75s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	10-15 + 5 partials	30-75s	Same	Hard/All Out			
	Calves	Calf Raise	10-15 + 5 partials	30-75s	Same	Hard/All Out			

PART 3: BICEPS/CALVES ALTERNATING DROP SETS

Notes & Instructions

- Alternate biceps with calves.
- **Focus on controlling the weight/TUT (a slow eccentric).**
- For each set of 8-12, go as heavy as you need to hit a HARD intensity with 8-12 reps. Then, immediately drop the weight 30%, and go until failure.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
2	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	Hard			
3	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
4	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
5	Biceps	Machine preacher curls or cable curls	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			
6	Calves	Standing or seated calf raise	8-12 + 5-8 drop set reps	15-45s	Heavy --> Lighter	All Out			



Coach Greg's Moderate Template III

2-Day Split | 90 Minutes | Hypertrophy

DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.
- First 3 sets of deadlifts should have **FULL RESETS**. This means that you will pause the weight on the floor in between each rep. For the ALL OUT set, do touch-and-go style.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice	20	1 min	Light	Easy			
		<i>Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.</i>	15	1-2 min	Moderate	Moderate			
			12	2-3 min	Heavy	Hard			
			10-15	2-3 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- For **Pull-Up/Lat Pull-Down**, focus on controlling the weight/a **slow eccentric**. *You may also choose to do chin-ups or use a pronated (regular) or supinated (like "holding a cup of soup") grip for the lat pull-downs.*
- For **Bench**, pause on all sets.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	Paused Bench Press	15	1 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down, grip of choice	15	1 min	Light	Easy			
3	Bench	Paused Bench Press	12-15	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down, grip of choice	12-15	1-2 min	Moderate	Moderate			
5	Bench	Paused Bench Press	12-15	2 min	Heavy	Hard			
6	Back	Pull-up/Lat Pull-down, grip of choice	12-15	2 min	Heavy	Hard			
7	Bench	Paused Bench Press	10-12	2 min	Heavier	All Out			
8	Back	Pull-up/Lat Pull-down, grip of choice	10-12	2 min	Heavier	All Out			

PART 3: CHEST & ROW ALTERNATING SETS

Notes & Instructions

- Wear straps for rows.
- Control the weight the entire time. **The eccentric should be half the speed of the concentric.**
- Try to keep TUT between 30 and 45 seconds for each set.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Chest Machine	15	1 min	Moderate	Moderate/Hard			
2	Back	Barbell Row/T-Bar Row/Chest-Supported Row	15	1 min	Moderate	Moderate			
3	Chest	Chest Machine	10-15	1-2 min	Heavy	All Out			
4	Back	Barbell Row/T-Bar Row/Chest-Supported Row	12-15	1-2 min	Heavy	Hard			
5	Shoulders	Overhead Press/Shoulder Press	15	2 min	Moderate	Moderate/Hard			
6	Back	Barbell Row/T-Bar Row/Chest-Supported Row	10-15	2 min	Same	All Out			
7	Shoulders	Overhead Press/Shoulder Press	10-12	2 min	Heavy	All Out			

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Coach Greg's Moderate Template III

2-Day Split | 90 Minutes | Hypertrophy

DAY 2 - UPPER BODY & BACK (continued)

PART 4: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

- First alternate pec deck/cable crossovers/flyes with machine side laterals/lying down face pulls for 3 sets each.
- Then, alternate reverse pec deck/lying down face pulls with machine side laterals/lying down face pulls for 3 sets each.
- **Focus on TUT/a slow eccentric for everything!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Pec Deck/Cable Crossovers/ Flies	15	1-2 min	Moderate	Moderate			
2	Shoulders	Machine Side Laterals/Lying Down Face Pulls	15	1-2 min	Moderate	Moderate			
3	Chest	Pec Deck/Cable Crossovers/ Flies	12-15	1-2 min	Heavy	Hard			
4	Shoulders	Machine Side Laterals/Lying Down Face Pulls	12-15	1-2 min	Heavy	Hard			
5	Chest	Pec Deck/Cable Crossovers/ Flies	10-12	1-2 min	Same	All Out			
6	Shoulders	Machine Side Laterals/Lying Down Face Pulls	10-12	1-2 min	Same	All Out			
7	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	12-15	1-2 min	Heavy	Hard			
8	Traps	Barbell/Dumbbell Shrug	15	1-2 min	Heavy	Moderate/ Hard			
9	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Heavier	Harder			
10	Traps	Barbell/Dumbbell Shrug	15 + 10 partials	1-2 min	Heavier	Hard/All Out			
11	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Same	All Out			



#8

MODERATE TEMPLATE IV

**2-Day Split
90 Minutes
Strength**

Coach Greg's Moderat Template IV

3-Day Split | 90 Minutes | Strength

DAY I - LEGS & BICEPS

PART 1: LEGS (STRAIGHT SETS)

Notes & Instructions

CHOOSE 2-3 OUT OF THE 4 FOLLOWING EXERCISE OPTIONS. THIS IS ONE RARE TIME WHERE I AM SAYING, DON'T OVERACHIEVE!!
PICK 2, AND IF YOU'RE A BEAST, DO 3.

- Complete all sets of the exercise before moving onto the next ("straight sets").
- Control the weight the entire time and **BANG OUT SOME STRONG REPS!!**

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
OPTION A	Squat	Barbell Squat of Choice Choose a barbell variation such as Back Squat or Front Squat.	15	1 min	Light	Easy			
			12	1-2 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Same	All Out			
OPTION B	Squat	Machine Squat of Choice Choose a machine variation such as Hack Squat, V-Squat, Smith Machine Squat, or Belt Squat.	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION C	Legs	Leg Press	15	1-2 min	Light	Easy			
			10-12	1-2 min	Moderate	Moderate			
			8-10	2-3 min	Heavy	Hard			
			6-10 + 10 partials	2-3 min	Heavier	All Out			
OPTION D	Legs	Leg Extension	15	30-60s	Moderate	Moderate			
		Leg Curl	15	30-60s	Moderate	Moderate			
		Leg Extension	8-12	60-90s	Heavier	Hard			
		Leg Curl	8-10	60-90s	Heavier	Hard			
		Leg Extension	8-10 + 5 partials	1-2 min	Same	All Out			
		Leg Curl	8-10 + 5 partials	1-2 min	Same	All Out			

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Coach Greg's Moderate Template IV

3-Day Split | 90 Minutes | Strength

DAY I - LEGS & BICEPS (CONTINUED...)

PART 2: LEGS & BICEPS ACCESSORIES CIRCUIT/ROTATION

Notes & Instructions

- Choose any **4-6 accessory exercises** and complete **3-4 rounds** of a rotation/circuit in any order.
- This circuit is to hit any muscle groups you want to focus on (but primarily legs & biceps). **You can change the exercises and targeted muscle groups as desired** (for ideas, use the **Exercise Library** on pages 58-61).
- **Focus on controlling the weight/a slow eccentric. Each set should take 30-45 seconds if you are focusing on TUT (which you should be!!)**
- **You may use ANY kind of resistance that you have access to.** For example, hip thrusts can be done against a band, on a hip thrust machine, with a kettlebell in your lap, or with a barbell. **Use what is available to you!**

Round	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
ROUND 1	Biceps	Machine/Preacher Curl or Cable Curl	15-20	15-45s	Moderate	Moderate			
	Adductors	Adductor Machine	15-20	15-45s	Moderate	Moderate			
	Glutes	Abductor Machine	15-20	15-45s	Moderate	Moderate			
	Biceps	Dumbbell or Barbell Curl	15-20	15-45s	Moderate	Moderate			
	Glutes	Hip Thrust of choice	15-20	15-45s	Moderate	Moderate			
	Calves	Calf Raise	15-20	15-45s	Moderate	Moderate			
ROUND 2	Biceps	Machine/Preacher Curl or Cable Curl	12-15	30-60s	Heavy	Hard/All Out			
	Adductors	Adductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Abductor Machine	12-15	30-60s	Heavy	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	12-15	30-60s	Heavy	Hard/All Out			
	Glutes	Hip Thrust of choice	12-15	30-60s	Heavy	Hard/All Out			
	Calves	Calf Raise	12-15	30-60s	Heavy	Hard/All Out			
ROUND 3	Biceps	Machine/Preacher Curl or Cable Curl	8-10 + partials	30-90s	Heavier	Hard/All Out			
	Adductors	Adductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Glutes	Abductor Machine	10 + 5 forced reps	30-90s	Heavier	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-12	30-90s	Heavier	Hard/All Out			
	Glutes	Hip Thrust of choice	8-12 + partials	30-90s	Heavier	Hard/All Out			
	Calves	Calf Raise	8-12 + partials	30-90s	Heavier	Hard/All Out			
ROUND 4	Biceps	Machine/Preacher Curl or Cable Curl	6-10 + partials	30-90s	Same	Hard/All Out			
	Adductors	Adductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Glutes	Abductor Machine	8-10 + 5 forced reps	30-90s	Same	Hard/All Out			
	Biceps	Dumbbell or Barbell Curl	8-10	30-90s	Same	Hard/All Out			
	Glutes	Hip Thrust of choice	8-10 + partials	30-90s	Same	Hard/All Out			
	Calves	Calf Raise	8-10 + partials	30-90s	Same	Hard/All Out			



Coach Greg's Moderate Template IV

2-Day Split | 90 Minutes | Strength

DAY 2 - UPPER BODY & BACK

PART 1: DEADLIFTS

Notes & Instructions

- When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.
- Control the weight the entire time but do NOT worry about TUT. **BANG OUT SOME STRONG REPS!!**
- Don't use a belt for the easy and moderate sets. For the hard and all out sets, you may wear a belt and straps.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Deadlift	Deadlift of Choice <i>Note: When choosing a deadlift variation, keep in mind that conventional deadlift is hard on your lower back. Consider sumo or trap bar as safer options.</i>	15	1 min	Light	Easy			
			12	1-1.5 min	Moderate	Moderate			
			10	2-3 min	Heavy	Hard			
			6-8	3-4 min	Heavier	Harder			
			5-8	3-4 min	Heavier	All Out			

PART 2: BENCH & BACK ALTERNATING SETS

Notes & Instructions

- For **Pull-Up/Lat Pull-Down**, focus on controlling the weight/a **slow eccentric**. You may also choose to do chin-ups or use a pronated (regular) or supinated (like "holding a cup of soup") grip for the lat pull-downs.
- For **Bench**, pause on all sets.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Bench	Paused Bench Press	15	1 min	Light	Easy			
2	Back	Pull-up/Lat Pull-down, grip of choice	15	1 min	Light	Easy			
3	Bench	Paused Bench Press	10	1-2 min	Moderate	Moderate			
4	Back	Pull-up/Lat Pull-down, grip of choice	10	1-2 min	Moderate	Moderate			
5	Bench	Paused Bench Press	8	2 min	Heavy	Hard			
6	Back	Pull-up/Lat Pull-down, grip of choice	8	2 min	Heavy	Hard			
7	Bench	Paused Bench Press	5-7	2 min	Heavier	All Out			
8	Back	Pull-up/Lat Pull-down, grip of choice	5-7	2 min	Heavier	All Out			

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Coach Greg's Moderate Template IV

2-Day Split | 90 Minutes | Strength

DAY 2 - UPPER BODY & BACK (continued)

PART 3: CHEST, SHOULDERS, & BACK ALTERNATING SETS

Notes & Instructions

- Wear straps for rows.
- Control the weight the entire time. **The eccentric should be half the speed of the concentric.**
- Try to keep TUT between 30 and 45 seconds for each set.

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Chest Machine	12	1 min	Moderate	Moderate/Hard			
2	Back	Barbell Row/T-Bar Row/Chest-Supported Row	12	1 min	Moderate	Moderate			
3	Chest	Chest Machine	7-9	1-2 min	Heavy	All Out			
4	Back	Barbell Row/T-Bar Row/Chest-Supported Row	7-9	1-2 min	Heavy	Hard			
5	Shoulders	Overhead Press/Shoulder Press	12	2 min	Moderate	Moderate/Hard			
6	Back	Barbell Row/T-Bar Row/Chest-Supported Row	6-8	2 min	Same	Harder			
7	Shoulders	Overhead Press/Shoulder Press	7-9	2 min	Heavy	Harder			
8	Back	Barbell Row/T-Bar Row/Chest-Supported Row	5-8	2 min	Same	Harder			
9	Shoulders	Overhead Press/Shoulder Press	5-8	2 min	Same	Harder			

PART 4: UPPER ACCESSORIES ALTERNATING SETS

Notes & Instructions

Focus on TUT/a slow eccentric for everything!

Order	Category	Exercise	Reps	Rest	Weight	Intensity	Actual Reps	Actual Weight	Actual Intensity
1	Chest	Pec Deck/Cable Crossovers/Flies	12	1-2 min	Moderate	Moderate			
2	Shoulders	Machine Side Laterals	12	1-2 min	Moderate	Moderate			
3	Chest	Pec Deck/Cable Crossovers/Flies	10-12	1-2 min	Heavy	Hard			
4	Shoulders	Machine Side Laterals	10-12	1-2 min	Heavy	Hard			
5	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	12-15	1-2 min	Heavy	Hard			
6	Shoulders	Face Pulls	12-15	1-2 min	Heavy	Hard			
7	Traps	Barbell/Dumbbell Shrug	12-15	1-2 min	Heavy	Hard			
8	Triceps	Regular Dips/Dip Machine or Triceps Press-down or Skullcrushers	10-12	1-2 min	Heavier	All Out			
9	Shoulders	Face Pulls	10-12	1-2 min	Heavier	All Out			
10	Traps	Barbell/Dumbbell Shrug	10 + 10 partials	1-2 min	Heavier	All Out			

