

1. What are you primarily looking for in your results? (strength/aesthetics/endurance)

[Primary Exercise Classification]

- a. Strength = powerlifting, ballistics, mobility
 - b. Aesthetics = bodybuilding
 - c. Endurance = calisthenics, grinds, bodybuilding
2. How much time do you have to go to the gym per day? (30-45 mins / 45-60 mins / More than 1 hour)
 - a. 30-45 mins = 4 exercises
 - b. 45-60 mins = 6 exercises
 - c. More than 1 hour = 8 exercises
 3. How many days per week do you have time to go to the gym? (1-6: always 1 day for rest)
 - a. 6 - day 1: push+upper body, day 2: pull+upper body, day 3: lower body, 3 - day 4: push+upper body, day 5: pull+upper body, day 6: lower body
 - b. 5 - day 1: chest, triceps, day 2: back, biceps, day 3: shoulders, trapezius, forearms, day 4: quadriceps, adductors, abdominals, day 5: glutes, hamstrings, abductors
 - c. 4 - day 1: chest, triceps, day 2: back, biceps, abdominals day 3: shoulders, trapezius, forearms, day 4: quadriceps, glutes, hamstrings
 - d. 3 - day 1: push+upper body, day 2: pull+upper body, day 3: lower body
 - e. 2 - day 1: upper body, day 2: lower body and midsection
 - f. 1 - upper body, lower body, midsection