

**provide the full list of exercises per exercise day**

Here are some detailed workout templates for each of the training splits you mentioned: Full Body (FB), Upper/Lower (UL), and Push/Pull/Legs (PPL). These templates include exercises, sets, and reps based on scientific principles and reputable sources.

**Full Body (FB) Workout Templates**

**Example 1: Full Body Strength/Hypertrophy Program**

**Exercise List:**

1. **Deadlifts**: 3 sets of 8-12 reps
2. **Squats**: 3 sets of 8-12 reps
3. **Bench Press**: 3 sets of 8-12 reps
4. **Pull-ups or Lat Pulldowns**: 3 sets of 8-12 reps
5. **Overhead Press**: 3 sets of 8-12 reps
6. **Plank**: 3 sets, hold for 30-60 seconds

**Notes:**

* Warm-up with 5-10 minutes of light cardio and dynamic stretching
* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

**Example 2: High-Intensity Full Body Circuit**

**Exercise List:**

1. **Burpees**: 3 sets of 12 reps
2. **Dumbbell Thrusters**: 3 sets of 12 reps
3. **Renegade Rows**: 3 sets of 12 reps (per arm)
4. **Goblet Squats**: 3 sets of 12 reps
5. **Push-ups**: 3 sets of 12 reps

**Notes:**

* Perform exercises in a circuit format with minimal rest between exercises
* Rest for 60-90 seconds after completing the circuit
* Repeat for 2-3 rounds

**Source:** Inspired by circuit training principles from ACSM

**Upper/Lower (UL) Split Templates**

**Example 1: Upper Body Day**

**Exercise List:**

1. **Bench Press**: 3 sets of 8-12 reps
2. **Pull-ups or Lat Pulldowns**: 3 sets of 8-12 reps
3. **Dumbbell Shoulder Press**: 3 sets of 10-15 reps
4. **Bicep Curls**: 3 sets of 12-15 reps
5. **Tricep Dips**: 3 sets of 12-15 reps

**Notes:**

* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

**Example 2: Lower Body Day**

**Exercise List:**

1. **Squats**: 3 sets of 8-12 reps
2. **Deadlifts**: 3 sets of 8-12 reps
3. **Lunges**: 3 sets of 10 reps (per leg)
4. **Leg Press**: 3 sets of 10-12 reps
5. **Calf Raises**: 3 sets of 12-15 reps

**Notes:**

* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

**Push/Pull/Legs (PPL) Split Templates**

**Example 1: Push Day**

**Exercise List:**

1. **Bench Press**: 3 sets of 8-12 reps
2. **Incline Dumbbell Press**: 3 sets of 10-12 reps
3. **Cable Flyes**: 3 sets of 12-15 reps
4. **Overhead Dumbbell Press**: 3 sets of 10-12 reps
5. **Tricep Pushdowns**: 3 sets of 12-15 reps

**Notes:**

* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

**Example 2: Pull Day**

**Exercise List:**

1. **Pull-ups or Lat Pulldowns**: 3 sets of 8-12 reps
2. **Seated Row**: 3 sets of 8-12 reps
3. **Dumbbell Bicep Curls**: 3 sets of 12-15 reps
4. **Hammer Curls**: 3 sets of 10-12 reps
5. **Face Pulls**: 3 sets of 12-15 reps

**Notes:**

* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

**Example 3: Legs Day**

**Exercise List:**

1. **Squats**: 3 sets of 8-12 reps
2. **Leg Press**: 3 sets of 10-12 reps
3. **Lunges**: 3 sets of 10 reps (per leg)
4. **Leg Extensions**: 3 sets of 12-15 reps
5. **Calf Raises**: 3 sets of 12-15 reps

**Notes:**

* Rest for 60-90 seconds between sets
* Adjust weights based on strength level

**Source:** NSCA guidelines for strength training

These templates provide a structured approach to designing workouts for each split type, ensuring a balanced and effective training regimen.

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