

MRTEMPO

The Training Plan Guide

Three plans. Three equipment levels. Pick one and stick to it.

01 **Understanding Training Splits**
PPL, full body, upper/lower — explained honestly

02 **The 3-Day Plan (Beginner)**
Full body — for anyone just starting out

03 **The 4-Day Plan (Intermediate)**
Upper/lower — more volume, more growth

04 **The 6-Day PPL (Advanced)**
Push/pull/legs — for serious lifters

05 **Progressive Overload & Consistency**
How to actually get stronger over time

@MrTempoFitness

SECTION 01

Understanding Training Splits

A training split is just how you organise your workouts across the week. Which muscles get trained on which days. There's no single best split — but there is a best split **for you**, based on how many days you can realistically train.

| Split | Days | Frequency | Best For |
|----------------------|----------|----------------|---|
| Full Body | 3/week | Each muscle 3x | Beginners. Max results with minimum days. |
| Upper / Lower | 4/week | Each muscle 2x | Intermediates. Good balance of volume and recovery. |
| PPL (Push/Pull/Legs) | 6/week | Each muscle 2x | Advanced. High volume, serious commitment. |
| Bro Split | 5-6/week | Each muscle 1x | Bodybuilders. Not ideal for most people. |

Science says hitting a muscle **2-3 times per week** is better for growth than once a week. That's why full body and upper/lower splits tend to beat the bro split for most people. But here's the thing that matters more than any of that:

Stop Switching Plans Every 3 Weeks

The single biggest mistake people make isn't choosing the wrong plan — it's never sticking to one long enough to see results. A mediocre plan followed for 12 weeks will beat any perfect plan followed for 3 weeks.

Pick one of the three plans below. Run it for a minimum of **8-12 weeks**. Track your weights. Try to add reps or weight each week. That's how you grow. Not by switching to whatever Jeff Nippard posted this week.

Which Plan Should I Pick?

| How many days can you train? | Your Plan |
|------------------------------|--|
| 3 days per week | Full Body (Section 02) — Beginner friendly, fast and effective |
| 4 days per week | Upper / Lower (Section 03) — More volume, great middle ground |
| 6 days per week | PPL (Section 04) — Maximum volume for experienced lifters |

Tip: Don't pick the 6-day plan because you think more is better. Pick the plan that matches the number of days you can **realistically** show up. Consistency always beats intensity.

Equipment Tiers

Every plan below is written for a **shed gym / home gym** setup: barbell, dumbbells, bench, half rack, cable machine. That's the default. After each plan, there's a swap table showing how to adapt the exercises if you've got no equipment (bodyweight only) or a full commercial gym.

SECTION 02

The 3-Day Full Body Plan

Train Monday, Wednesday, Friday (or any 3 non-consecutive days). Alternate between Day A and Day B. Week 1: A / B / A. Week 2: B / A / B. Each session takes about **45-55 minutes**.

Day A — Full Body

| Exercise | Sets x Reps | Why It's Here |
|--------------------------------|-------------|---|
| Barbell Squat | 3 x 8-10 | King of lower body. Builds quads, glutes, core. |
| Barbell Bench Press | 3 x 8-10 | Primary chest builder. Also hits shoulders and triceps. |
| Barbell Row | 3 x 8-10 | Builds your entire back. Essential for posture. |
| Dumbbell Shoulder Press | 3 x 10-12 | Rounds out shoulders. Seated or standing. |
| Dumbbell Bicep Curl | 2 x 12-15 | Direct arm work. Keeps things balanced. |
| Plank | 3 x 30-45s | Core stability. Foundation for every lift. |

Rest 90 seconds between sets. 60 seconds for curls and planks.

Day B — Full Body

| Exercise | Sets x Reps | Why It's Here |
|-------------------------------|-------------|---|
| Barbell Deadlift | 3 x 6-8 | Total body strength. Posterior chain powerhouse. |
| Dumbbell Incline Press | 3 x 10-12 | Upper chest and front delts. Balances flat bench. |
| Cable Lat Pulldown | 3 x 10-12 | Builds width in your back. Pull-up progression. |
| Dumbbell Lateral Raise | 3 x 12-15 | Wider shoulders. Light weight, slow tempo. |
| Cable Tricep Pushdown | 2 x 12-15 | Direct tricep work. Complements pressing. |
| Hanging Knee Raise | 3 x 10-15 | Lower abs. Grip strength bonus. |

Rest 90 seconds between sets. 60 seconds for isolation moves.

Equipment Swaps

| Shed Gym Exercise | No Equipment Swap | Full Gym Swap |
|-----------------------|--|-------------------------------------|
| Barbell Squat | Bodyweight squat / Bulgarian split squat | Leg press + barbell squat |
| Barbell Bench Press | Push-ups (weighted backpack) | Barbell bench + cable fly |
| Barbell Row | Inverted rows (under table) | Barbell row + seated cable row |
| Cable Lat Pulldown | Pull-ups / resistance band pulldown | Lat pulldown machine |
| Cable Tricep Pushdown | Diamond push-ups / dips | Tricep pushdown machine |
| Barbell Deadlift | Single-leg Romanian deadlift (DB or BW) | Barbell deadlift + leg curl machine |

SECTION 03

The 4-Day Upper / Lower Plan

Train 4 days per week: Upper A, Lower A, rest, Upper B, Lower B, rest, rest. Each muscle gets hit twice per week. Sessions take about **50-60 minutes**.

Upper A — Strength Focus

| Exercise | Sets x Reps | Why It's Here |
|-------------------------|-------------|--|
| Barbell Bench Press | 4 x 6-8 | Heavy pressing. Main chest and tricep builder. |
| Barbell Row | 4 x 6-8 | Heavy pulling. Balances the bench press. |
| Dumbbell Shoulder Press | 3 x 10-12 | Shoulder mass. Seated for stability. |
| Dumbbell Lateral Raise | 3 x 12-15 | Shoulder width. Control the negative. |
| Barbell Curl | 2 x 10-12 | Bicep mass. Keep elbows pinned. |
| Cable Tricep Pushdown | 2 x 10-12 | Tricep isolation. Squeeze at the bottom. |

Lower A — Quad Focus

| Exercise | Sets x Reps | Why It's Here |
|--------------------------------|-------------|--|
| Barbell Squat | 4 x 6-8 | Primary quad builder. Go to parallel or below. |
| Dumbbell Romanian Deadlift | 3 x 10-12 | Hamstrings and glutes. Slow eccentric. |
| Dumbbell Bulgarian Split Squat | 3 x 10 each | Single-leg strength. Fixes imbalances. |
| Dumbbell Calf Raise | 3 x 15-20 | Calves need high reps. Full range of motion. |
| Cable Crunch | 3 x 12-15 | Weighted core. Builds visible abs. |

Upper B — Hypertrophy Focus

| Exercise | Sets x Reps | Why It's Here |
|------------------------------|-------------|---|
| Dumbbell Incline Press | 3 x 10-12 | Upper chest. Angle at 30-45 degrees. |
| Cable Lat Pulldown | 3 x 10-12 | Back width. Full stretch at the top. |
| Cable Chest Fly | 3 x 12-15 | Chest isolation. Squeeze and hold. |
| Cable Face Pull | 3 x 15-20 | Rear delts and rotator cuff. Injury prevention. |
| Dumbbell Hammer Curl | 2 x 12-15 | Brachialis and forearms. Neutral grip. |
| Overhead Dumbbell Tricep Ext | 2 x 12-15 | Long head tricep. Full stretch. |

Lower B — Posterior Chain Focus

| Exercise | Sets x Reps | Why It's Here |
|------------------------|-------------|--|
| Barbell Deadlift | 4 x 5-6 | Total body strength. Keep form tight. |
| Dumbbell Walking Lunge | 3 x 10 each | Quads, glutes, balance. Use full stride. |
| Dumbbell Hip Thrust | 3 x 12-15 | Glute isolation. Pause at the top. |
| Dumbbell Calf Raise | 3 x 15-20 | Calves again. Different angle if possible. |
| Hanging Knee Raise | 3 x 10-15 | Lower abs. Add weight when it's easy. |

Equipment Swaps

| Shed Gym Exercise | No Equipment Swap | Full Gym Swap |
|--------------------------------|-----------------------------------|---------------------------------|
| Barbell Bench / Incline | Push-ups / decline push-ups | Barbell bench + machine fly |
| Barbell Row | Inverted row / band row | Seated cable row + T-bar row |
| Cable Lat Pulldown | Pull-ups / band pulldown | Lat pulldown + assisted pull-up |
| Cable Chest Fly | Resistance band fly | Pec deck machine |
| Cable Face Pull | Band pull-apart | Reverse pec deck |
| Dumbbell Bulgarian Split Squat | Rear-foot elevated BW split squat | Leg press (single leg) |

SECTION 04

The 6-Day PPL Plan

Push / Pull / Legs, repeated twice per week. This is high volume — only for people who've been training consistently for 6+ months and can commit to 6 sessions per week. Sessions take about **50-60 minutes**.

Schedule: Push A, Pull A, Legs A, Push B, Pull B, Legs B, rest. A days are heavier (lower reps). B days are lighter (higher reps).

Push A — Strength

| Exercise | Sets x Reps | Why It's Here |
|-------------------------------------|-------------|---|
| Barbell Bench Press | 4 x 5-6 | Heavy flat pressing. Your main push movement. |
| Dumbbell Incline Press | 3 x 8-10 | Upper chest development. |
| Barbell Overhead Press | 3 x 8-10 | Shoulder strength. Standing or seated. |
| Dumbbell Lateral Raise | 3 x 12-15 | Shoulder width. Never goes above moderate weight. |
| Cable Tricep Pushdown | 3 x 10-12 | Tricep mass. Full lockout. |
| Overhead Dumbbell Tricep Ext | 2 x 12-15 | Long head tricep stretch. |

Pull A — Strength

| Exercise | Sets x Reps | Why It's Here |
|-----------------------------|-------------|--|
| Barbell Deadlift | 4 x 4-6 | Total posterior chain. Heavy and controlled. |
| Barbell Row | 4 x 6-8 | Thick back builder. Hinge and pull to belly. |
| Cable Lat Pulldown | 3 x 8-10 | Width. Full stretch, squeeze at bottom. |
| Cable Face Pull | 3 x 15-20 | Rear delts and shoulder health. |
| Barbell Curl | 3 x 8-10 | Heavy bicep work. No swinging. |
| Dumbbell Hammer Curl | 2 x 12-15 | Brachialis and forearm thickness. |

Legs A — Strength

| Exercise | Sets x Reps | Why It's Here |
|---------------------------------------|-------------|---|
| Barbell Squat | 4 x 5-6 | Heavy squats. Primary quad and glute builder. |
| Dumbbell Romanian Deadlift | 3 x 8-10 | Hamstring emphasis. Slow descent. |
| Dumbbell Bulgarian Split Squat | 3 x 10 each | Single-leg. Addresses imbalances. |
| Dumbbell Calf Raise | 4 x 12-15 | Calves respond to volume. Push through toes. |
| Cable Crunch | 3 x 12-15 | Core under load. |

Push B — Hypertrophy

| Exercise | Sets x Reps | Why It's Here |
|-------------------------|-------------|--------------------------------------|
| Dumbbell Incline Press | 4 x 10-12 | Upper chest volume. Moderate weight. |
| Cable Chest Fly | 3 x 12-15 | Isolation squeeze. Peak contraction. |
| Dumbbell Shoulder Press | 3 x 10-12 | Shoulder mass builder. |
| Dumbbell Lateral Raise | 4 x 15-20 | High reps. Feel the burn. |
| Cable Tricep Pushdown | 3 x 12-15 | Lighter, higher reps. |
| Dumbbell Kickback | 2 x 15 | Tricep squeeze. Light weight. |

Pull B — Hypertrophy

| Exercise | Sets x Reps | Why It's Here |
|------------------------|-------------|--|
| Cable Lat Pulldown | 4 x 10-12 | Back width. Wide or neutral grip. |
| Cable Row (close grip) | 3 x 10-12 | Back thickness. Squeeze shoulder blades. |
| Dumbbell Shrug | 3 x 12-15 | Traps. Hold at the top for 2 seconds. |
| Cable Face Pull | 3 x 15-20 | Rear delts. Light and controlled. |
| Dumbbell Curl | 3 x 12-15 | Bicep volume. Controlled negatives. |
| Cable Reverse Curl | 2 x 15 | Forearms and brachialis. |

Legs B — Hypertrophy

| Exercise | Sets x Reps | Why It's Here |
|------------------------|-------------|--|
| Dumbbell Walking Lunge | 3 x 12 each | Quads and glutes. Full stride length. |
| Dumbbell Hip Thrust | 3 x 12-15 | Glute isolation. Pause at top. |
| Dumbbell Step Up | 3 x 10 each | Single-leg. Use bench height. |
| Dumbbell Calf Raise | 4 x 15-20 | High reps. Slow negatives. |
| Hanging Knee Raise | 3 x 12-15 | Lower abs. Add ankle weight when easy. |

Equipment Swaps

| Shed Gym Exercise | No Equipment Swap | Full Gym Swap |
|--------------------------------|-------------------------------------|----------------------------------|
| Barbell Bench / OHP | Push-ups / pike push-ups | Barbell + Smith machine variants |
| Barbell Row / Deadlift | Inverted row / good mornings (BW) | Barbell + T-bar row + machines |
| Cable Lat Pulldown | Pull-ups / chin-ups | Lat pulldown + assisted machine |
| Cable Chest Fly / Face Pull | Band fly / band pull-apart | Pec deck / reverse pec deck |
| Dumbbell Bulgarian Split Squat | Pistol squat progression / BW lunge | Leg press + hack squat |

SECTION 05

Progressive Overload & Consistency

The plan only works if you're getting stronger over time. That's called **progressive overload**. It's the single most important concept in training, and it's simpler than you think.

How To Progress

Every session, try to do **one more rep** or add **a tiny bit of weight** compared to last time. That's it. You don't need to add 10kg every week. You need to add 1 rep, or 1.25kg, or one extra set.

Example: Last week you benched 60kg for 3 sets of 8 reps. This week aim for 3 sets of 9. When you hit 3 sets of 12, add 2.5kg and drop back to 3 sets of 8. Repeat. That's how you go from benching 60kg to benching 100kg. Slowly. Patiently.

Track Your Workouts

Write down every session. Use a notes app, a cheap notebook, or an app like Strong. Log the exercise, the weight, and the reps. If you don't track, you don't know if you're progressing. And if you're not progressing, you're not growing.

Rest & Recovery

Muscle isn't built in the gym — it's built while you recover. If you're training hard but sleeping 5 hours a night, eating too little protein, and skipping rest days, you're sabotaging yourself.

- **Sleep:** Aim for 7-9 hours. Non-negotiable for recovery and muscle repair.
- **Protein:** 2g per kg per day. You know this by now.
- **Rest days:** Take them. Your muscles grow on rest days, not training days.
- **Deload:** Every 6-8 weeks, cut your weight by 40-50% for a week. Lets your joints and tendons recover.

The Honest Truth About Results

You won't see dramatic changes in 2 weeks. You'll notice small differences at 4 weeks. Other people will notice at 8-12 weeks. At 6 months, you won't recognise yourself. The people who get results aren't the ones with the best plan — they're the ones who showed up consistently and didn't quit.

Your Training Checklist

Tick these off and the gains will come. No secrets. Just work.

- ✓ Pick ONE plan based on the number of days you can train
- ✓ Run it for a minimum of 8-12 weeks before changing anything
- ✓ Try to add 1 rep or a small amount of weight each session
- ✓ Log every workout — what you did, what you lifted, how many reps
- ✓ Prioritise compound movements (squat, bench, deadlift, row, press)
- ✓ Get 7-9 hours of sleep every night
- ✓ Hit your protein target every day (2g per kg body weight)
- ✓ Take rest days seriously — recovery is where growth happens
- ✓ Deload every 6-8 weeks to protect your joints and tendons
- ✓ Be patient. Show up. The results will follow.

"The best programme is the one you actually follow."

Want the full system?

Fat loss guide, meal prep, calorie targets, and more at mrtempofitness.com

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