

TEMPO MODE

The Tempo Training Plan

Three splits. One shed gym. Pick the one that fits your week.

Always Improving.

What's inside

Pick the plan that matches the number of days you can actually train. Run it for 8-12 weeks before you change anything.

1

Training Splits

Full body, upper/lower, push/pull/legs. Which one fits you, and why people keep switching too soon.

2

The 3-Day Plan

Full body. Beginner-friendly. Best ROI per session. Mon, Wed, Fri or whatever fits.

3

The 4-Day Plan

Upper/lower split. The sweet spot for most people who've been training a year or two.

4

The 6-Day PPL

Push/pull/legs twice a week. Big volume, high commitment. Only if you can actually show up.

After all three plans, you get a cardio section, a progression guide, and a recovery checklist.

****Prefer to watch it?*** Full video walkthrough on training splits and cardio setup: youtu.be/eHG9OWf5vhM

The equipment we're working with

Every plan in this guide is written for one specific setup. The shed gym. The garage gym. Whatever you call it.

Half rack

For squats, bench press, and pull-ups. The single most useful piece of equipment you own.

Barbell + plates

Bench, row, deadlift, overhead press, squat. Most of the heavy work.

Dumbbells

For pressing variations, single-arm work, lunges, anything that needs uneven loading.

Bench

Flat bench, adjustable to incline if possible. You use this every session.

Cable machine

For lat pulldowns, face pulls, tricep pushdowns, cable flies. The only "machine" you need.

Exercise bike

For warm-ups, zone 2 cardio, and active recovery. Optional intervals if you want them.

Travel days or no-gym weeks get bodyweight swaps after each plan.

Section 01: Training splits

A training split is how you organise your workouts across the week. There's no single best split. There's just the best split for the number of days you can train.

Split	Days	Frequency	Best for
Full body	3/week	Each muscle 3x	Beginners. Max results from minimum days.
Upper / Lower	4/week	Each muscle 2x	Intermediates. Balanced volume and recovery.
Push / Pull / Legs	6/week	Each muscle 2x	Advanced. High volume, high commitment.
Bro split	5-6/week	Each muscle 1x	Bodybuilders. Not ideal for most people.

Research is pretty consistent: hitting a muscle 2-3 times a week beats hitting it once. That's why full body and upper/lower beat the bro split for most people.

The single biggest mistake people make isn't picking the wrong plan. It's never sticking to one long enough to see what it does. A decent plan run for 12 weeks beats a perfect plan run for 3.

Pick one of the three plans below. Run it for at least 8-12 weeks. Track your lifts. Try to add a rep or a small jump in weight each week. That's how strength happens.

Section 02: The 3-day full body plan

Train Mon, Wed, Fri. Alternate Day A and Day B. Week 1 looks like A / B / A. Week 2 looks like B / A / B. Each session takes about 45-55 minutes including warm-up.

Day A | Full body

Exercise	Sets x Reps	Why
Barbell squat (rack)	3 x 8-10	King of lower body. Quads, glutes, core.
Barbell bench press	3 x 8-10	Primary chest builder. Hits shoulders and triceps too.
Barbell row	3 x 8-10	Whole back. Essential for posture.
Dumbbell shoulder press	3 x 10-12	Shoulders. Seated for stability.
Dumbbell bicep curl	2 x 12-15	Direct arm work.
Plank	3 x 30-45 sec	Core stability. Foundation for the big lifts.

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

Day B + swaps for travel weeks

Day B | Full body

Exercise	Sets x Reps	Why
Barbell deadlift	3 x 6-8	Total body strength. Posterior chain.
Dumbbell incline press	3 x 10-12	Upper chest. Balances flat bench.
Pull-ups (or cable lat pulldown)	3 x 8-12	Back width. Add weight when bodyweight is easy.
Dumbbell lateral raise	3 x 12-15	Shoulder width. Light weight, slow tempo.
Cable tricep pushdown	2 x 12-15	Direct tricep work.
Hanging knee raise (from pull-up bar)	3 x 10-15	Lower abs. Grip work as a bonus.

Travel week swaps (no gym)

Shed gym move	Travel swap
Barbell squat	Bodyweight squat or Bulgarian split squat (15+ reps)
Barbell bench press	Push-ups with backpack loaded
Barbell row	Inverted rows under a sturdy table
Pull-ups / cable pulldown	Pull-ups on a doorframe bar, or band pulldown
Tricep pushdown	Diamond push-ups or bench dips
Deadlift	Single-leg Romanian deadlift (bodyweight or backpack)

Section 03: The 4-day upper / lower plan

Train Mon, Tue, Thu, Fri (or whatever pattern gives you 4 sessions with 1 rest in between). Each muscle gets trained twice a week. Sessions take 50-60 minutes.

Upper A | Strength focus

Exercise	Sets x Reps
Barbell bench press	4 x 6-8
Barbell row	4 x 6-8
Dumbbell shoulder press	3 x 10-12
Dumbbell lateral raise	3 x 12-15
Barbell curl	2 x 10-12
Cable tricep pushdown	2 x 10-12

Lower A | Quad focus

Exercise	Sets x Reps
Barbell squat	4 x 6-8
Dumbbell Romanian deadlift	3 x 10-12
Dumbbell Bulgarian split squat	3 x 10 each leg
Dumbbell calf raise	3 x 15-20
Cable crunch	3 x 12-15

Upper B + Lower B

Upper B | Hypertrophy focus

Exercise	Sets x Reps
Dumbbell incline press	3 x 10-12
Pull-ups (or cable lat pulldown)	3 x 10-12
Cable chest fly	3 x 12-15
Cable face pull	3 x 15-20
Dumbbell hammer curl	2 x 12-15
Overhead dumbbell tricep extension	2 x 12-15

Lower B | Posterior chain focus

Exercise	Sets x Reps
Barbell deadlift	4 x 5-6
Dumbbell walking lunge	3 x 10 each leg
Dumbbell hip thrust (bench)	3 x 12-15
Dumbbell calf raise	3 x 15-20
Hanging knee raise	3 x 10-15

Section 04: The 6-day PPL plan

Push / Pull / Legs twice a week. This is high volume. Only run this if you've been training consistently for at least 6 months and can commit to 6 sessions. A days are heavier (lower reps), B days are lighter (higher reps).

Schedule: Push A, Pull A, Legs A, Push B, Pull B, Legs B, rest. Sessions are 50-60 minutes.

Push A | Strength

Exercise	Sets x Reps
Barbell bench press	4 x 5-6
Dumbbell incline press	3 x 8-10
Barbell overhead press	3 x 8-10
Dumbbell lateral raise	3 x 12-15
Cable tricep pushdown	3 x 10-12
Overhead dumbbell tricep extension	2 x 12-15

Pull A | Strength

Exercise	Sets x Reps
Barbell deadlift	4 x 4-6
Barbell row	4 x 6-8
Pull-ups	3 x 8-10 (weighted if possible)
Cable face pull	3 x 15-20
Barbell curl	3 x 8-10
Dumbbell hammer curl	2 x 12-15

Legs A + Push B

Legs A | Strength

Exercise	Sets x Reps
Barbell squat	4 x 5-6
Dumbbell Romanian deadlift	3 x 8-10
Dumbbell Bulgarian split squat	3 x 10 each leg
Dumbbell calf raise	4 x 12-15
Cable crunch	3 x 12-15

Push B | Hypertrophy

Exercise	Sets x Reps
Dumbbell incline press	4 x 10-12

Exercise	Sets x Reps
Cable chest fly	3 x 12-15
Dumbbell shoulder press	3 x 10-12
Dumbbell lateral raise	4 x 15-20
Cable tricep pushdown	3 x 12-15
Dumbbell kickback	2 x 15

Pull B + Legs B

Pull B | Hypertrophy

Exercise	Sets x Reps
Cable lat pulldown	4 x 10-12
Cable row (close grip attachment)	3 x 10-12
Dumbbell shrug	3 x 12-15
Cable face pull	3 x 15-20
Dumbbell curl	3 x 12-15
Cable reverse curl	2 x 15

Legs B | Hypertrophy

Exercise	Sets x Reps
Dumbbell walking lunge	3 x 12 each leg
Dumbbell hip thrust	3 x 12-15
Dumbbell step-up (use bench)	3 x 10 each leg
Dumbbell calf raise	4 x 15-20
Hanging knee raise	3 x 12-15

Section 05: Cardio (your bike)

The bike does three different jobs depending on the day. You don't need a Peloton. A basic exercise bike or spin bike covers everything.

Warm-up

5-10 minutes easy spin before lifting. Gets blood flowing, raises core temp, primes your hips and knees. Skip it and the first squat set always feels rough.

Zone 2 cardio

20-40 minutes at conversational pace. 3-5 days a week. Burns fat as primary fuel, builds your aerobic base, doesn't wreck recovery.

Active recovery

10-15 minutes very easy on rest days. Loosens up sore muscles without adding training stress. Optional but useful.

Optional: HIIT intervals

Once a week max. 5 min warm-up, then 8-10 rounds of 30 seconds hard / 90 seconds easy. 5 min cool-down. Brutal but effective. Skip if you're already on the 6-day plan, you don't need more stress.

Zone 2 means a pace where you can hold a conversation. If you can't talk, you're going too hard for zone 2.

Section 06: Progressive overload

The plan only works if you're slowly getting stronger. That's progressive overload. It's simpler than people make it.

How to actually progress

Each session, aim for one of these three things compared to last time:

- One more rep on at least one set
- A small jump in weight (1.25 kg / 2.5 lb on dumbbells, 2.5 kg / 5 lb on the bar)
- One more set

You don't add 10kg a week. You add a rep. Over months, those reps compound into real strength.

Example

Last week you benched 60kg (135 lb) for 3 sets of 8. This week aim for 3 sets of 9. Keep adding reps until you're hitting 3 sets of 12. Then add 2.5 kg / 5 lb and drop back to 3 sets of 8. Repeat.

That's how someone goes from a 60kg bench to a 100kg bench. Slowly. Boringly. Patiently.

Track every session

Write it down. A notes app, a cheap notebook, the Strong app, whatever. The exercise, the weight, the reps. If you don't track, you're guessing. Guessing doesn't progress.

Section 07: Recovery

Muscle isn't built in the gym. It's built between sessions. If your recovery is broken, your training doesn't matter.

Sleep

7-9 hours, non-negotiable. The single biggest recovery lever. Skipping this for "extra training" loses you more than it gains.

Protein

2g per kg of bodyweight, or 1g per pound. You know this by now. Hit it daily.

Rest days

Take them. Your muscles grow on rest days, not training days. Skipping a rest day to "get ahead" goes backwards.

Deload weeks

Every 6-8 weeks, cut all your working weights by 40-50% for a full week. Your joints and tendons need it.

You won't see dramatic changes in 2 weeks. You'll feel small differences at 4. Other people will notice at 8-12. At 6 months, you won't recognise yourself. The plan rewards patience, not impatience.

The checklist

Tick these off and gains follow. No secrets. Just work.

- Pick ONE plan based on the number of days you can train
- Run it for 8-12 weeks before changing anything
- Add 1 rep or a small jump in weight each session
- Log every workout
- Prioritise the big compound lifts (squat, bench, deadlift, row, press)
- 7-9 hours of sleep every night
- Hit your protein target daily
- Take rest days seriously. Recovery is where growth happens.
- Deload every 6-8 weeks
- Show up. The plan only works if you do.

The best programme is the one you actually follow. The best body is built by the person who didn't quit.

If