

The Three-Day Full-Body Template

Baseline rules

Schedule: Monday Full Body A, Wednesday Full Body B, Friday Full Body C, or any three nonconsecutive days. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Shared RIR: Stop demanding compound sets with 1–3 technically clean repetitions in reserve. Stop lower-consequence isolation sets with 0–2 technically clean repetitions in reserve. Begin at the conservative end. End the set sooner if your technique breaks down, you can no longer maintain the intended range of motion or control the movement with the target muscle, or you experience pain. Practice recognizing failure on selected stable exercises, as explained in Chapter 2; you do not need to reach it on every set.

Rest: Rest until the next set can reproduce its intended repetitions, technique, usable range, target-muscle control, and RIR. Roughly 2–5 minutes for demanding compounds and 1–2 minutes for isolation work are starting guides.

Logbook: Record the load, repetitions, technique standard, and RIR for every work set. Compare each exercise with the last time you did the same assigned work. If Monday's leg press is 6–8 reps and Thursday's is 12–15, compare Monday with Monday and Thursday with Thursday. If both squat days prescribe 3×5 with the same technique standard and RIR target, compare each session with the one before it.

Tempo: Use tempo to control technique and keep repetitions consistent enough to evaluate progression.

Substitutions: Preserve the intended muscle and function, line of pull, usable range, stability, equipment fit, and tolerance. A substitution begins a new logbook line.

Missed sessions: Continue the planned workout sequence. Slide a missed workout only when the intended spacing survives; otherwise do it on your next scheduled training day and continue the sequence from there. Never combine two complete workouts. Recurring misses mean the selected frequency does not fit the real week.

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Full Body A

Schedule: Monday Full Body A, Wednesday Full Body B, Friday Full Body C, or any three nonconsecutive days. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Barbell Back Squat	Leg Press	3	6-10	
Flat Dumbbell Bench Press	Flat Machine Chest Press	3	6-10	
Lat Pulldown	Assisted Pull-Up	3	8-12	
Seated Leg Curl	Lying Leg Curl	3	10-15	
Cable Triceps Pushdown	Rope Triceps Pushdown	2	10-15	
Standing Calf Raise	Leg Press Calf Raise	3	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.

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Full Body B

Schedule: Monday Full Body A, Wednesday Full Body B, Friday Full Body C, or any three nonconsecutive days. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Barbell Romanian Deadlift	Dumbbell Romanian Deadlift	3	6-10	
Seated Machine Shoulder Press	Neutral-Grip Seated Dumbbell Press	3	8-12	
Chest-Supported Row	Seated Cable Row	3	8-12	
Bulgarian Split Squat	Reverse Lunge	2	10-15	
Cable Biceps Curl	Dumbbell Biceps Curl	2	10-15	
Captain's Chair Leg Raise	Reverse Crunch	2	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.

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Full Body C

Schedule: Monday Full Body A, Wednesday Full Body B, Friday Full Body C, or any three nonconsecutive days. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Barbell Back Squat	Smith Machine Squat	3	6-10	
Incline Dumbbell Bench Press	Incline Machine Press	3	8-12	
Neutral-Grip Lat Pulldown	Assisted Pull-Up	3	8-12	
Dumbbell Lateral Raise	Cable Lateral Raise	2	12-20	
Reverse Pec Deck	Face Pull	2	12-20	
Seated Calf Raise	Bent-Knee Calf Raise	3	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.