

## **Half Body - A/B**

This program is excellent for advanced through beginner trainees.

It is, without a doubt the most OPTIMAL, HARDCORE half body program in existence. While I think some can overestimate the importance of training “X’s and O’s” (programming variables), at least compared to HOW you do things, work ethic and adherence, etc. I totally understand why people want the most up to date practices in their program. Considering exercise selection, frequency, volume, rest, RIR... this program has it all.

This program also has an “A/B rotation”. Meaning, for any given day of the split, there are two different workouts for the given day. (Ex: Upper A and Upper B) I find this mainly beneficial for 4 reasons: 1) It allows for better long term orthopedic outcomes. 2) It allows for my exercise variety within a program, while not having sessions containing too many exercises and getting too long. 3) As likely a combined result of 1 and 2, many people find they are able to progressive overload better over time. 4) Many trainees enjoy a bit of variety in their programming, which helps adherence. And if this can be done, while still maintaining appropriate programming, let's have at it!

There are 2 Blocks to this program, the second block puts some smaller body parts earlier in sessions, to make sure they get some priority. Helping you not only get HUGE, but huge AND balanced.

Each of the 2 blocks are 6 weeks, for 12 weeks total. This is a program you could easily repeat, or extend to go months on end. And like every program on the app, exercises are all easy to swap for other preferred options or when equipment is not available. So get in, kick some butt, make some gains, and as always, if you have any specific questions, get on the forums and ask the coaches!

As for every program, feel free to adjust variables slightly as needed. The base metric of “1 REP” is not well established in “research”, and can vary largely from individual to individual. So feel free to make slight adjustments to the program’s prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively “the best”, has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as “outside the gym” variables: nutrition, sleep, stress, etc. So while I’m confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective

long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

**Suggested split structure:**

Monday - Upper A  
Tuesday - Lower A  
Wednesday - OFF  
Thursday - Upper B  
Friday - Lower B  
Saturday - OFF  
Sunday - OFF

**Other split options for consideration:**

**Legendary recovery:**

4 days on, 1 day off

**Good recovery:**

2 days on, 1 day off

**Below average recovery:**

1 on, 1 off

\*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

**BLOCK 1**

## **Upper A**

Incline smith

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Wide-grip pullups

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Rack military press

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Chest supported machine row (upper back and lats)

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Cable rear delts

Set 1: 8-10

Set 2: 8-10

Set 3: 10-12

RIR 0

JM smith press (banded)

Set 1: 6-8

Set 2: 6-8

Set 3: 8-12

RIR 0

## **Lower A**

Smith Squats

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Lying leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0

Leg press quad dominant

Set 1: 5-8 reps

Set 2: 10-12 reps

RIR: 0-2

Rear foot elevated split squat

Set 1: 8-10

Set 2: 8-10

Set 3: 10-15

RIR 0

Hip Loaded calf raise

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

RIR 0

Hanging leg raises

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

RIR: 0

## **Upper B**

Incline DB press

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Chest supported tbar row

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Roller cable flys

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

RIR 0

Single-arm cable pulldown

Set 1: 5-8 reps

Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Lying cuff lateral raises  
Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-15 reps  
RIR 0

Single-arm DB preacher curls  
Set 1: 6-8 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

## **Lower B**

RDLs  
Set 1: 5-8 reps  
Set 2: 5-8 reps  
RIR: 0-2

Seated leg curls  
Set 1: 5-8 reps  
Set 2: 5-8 reps  
RIR: 0-2

Hack Squats  
Set 1: 5-8 reps  
Set 2: 5-8 reps  
RIR: 0-2

Barbell thrust  
Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-15 reps  
RIR 0

Hip loaded calf raise  
Set 1: 5-8 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Ab mat crunches

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

RIR: 0

## **BLOCK 2**

### **Upper A**

Neutral-grip pullups

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Machine incline press

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Chest supported machine row (upper back and lats)

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Machine shoulder press

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Incline cable curls

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

RIR 0

Hip Loaded calf raise

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

RIR 0

Hanging leg raises

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

RIR: 0

### **Lower A**

Reverse pec dec

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

RIR 0

JM smith press (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

RIR: 0

Seated leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Smith Squats

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Single-leg leg press

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Rear foot elevated split squat

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps

RIR 0

Wrist curls

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 10-15 reps  
RIR 0

### **Upper B**

Lying cuff lateral raises

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-15 reps  
RIR 0

Single-arm DB preacher curls

Set 1: 6-8 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Incline DB press

Set 1: 5-8 reps  
Set 2: 5-8 reps  
RIR: 0-2

Chest supported tbar row

Set 1: 5-8 reps  
Set 2: 5-8 reps  
RIR: 0-2

Roller cable flys

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Single-arm cable pulldown

Set 1: 5-8 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Wrist extensions

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-15 reps  
RIR 0

## **Lower B**

Seated cable cross extensions

Set 1: 8-10 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

RIR 0

Hip loaded calf raise

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

RIR 0

Barbell thrust

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

RDLs

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0-2

Lying leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

RIR: 0

Sissy Leg Press

Set 1: 8-10 reps

Set 2: 10-15 reps

RIR 0

Ab mat crunches

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

RIR: 0