

Your Better Half (half body program)

Weeks 1-2

*Weeks 1-3, all sets are taken to 2-3 RIR (meaning 2-3 reps short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Upper

A1 Incline barbell press*

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

A2 neutral grip machine pull downs*

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*A1 and A2 are superset

B1 flat DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

B2 chest supported tbar rows

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*B1 and B2 are superset

C1 dips (option of chains if available)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

C2 DB hammers curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*C1 and C2 are superset

Lower

A1 knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

A2 seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*A1 and A2 are superset

B1 RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

B2 leg extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*B1 and B2 are superset

C1 hip loaded calf raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

Weeks 3-4

*Weeks 1-3, all sets are taken to 1 RIR (meaning 1 rep short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

*Volume is taken down slightly, per exercise as sets are taken closer to failure

*More single-joint exercises added in

*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Upper

A1 Incline barbell press*

Set 1: 6-8 reps

Set 2: 8-12 reps

A2 neutral grip machine pull downs*

Set 1: 6-8 reps

Set 2: 8-12 reps

*A1 and A2 are superset

B1 flat DB press

Set 1: 6-8 reps

Set 2: 8-12 reps

B2 chest supported tbar rows

Set 1: 6-8 reps

Set 2: 8-12 reps

*B1 and B2 are superset

C1 dips (option of chains if available)

Set 1: 6-8 reps

Set 2: 8-12 reps

C2 DB hammers curls

Set 1: 6-8 reps

Set 2: 8-12 reps

*C1 and C2 are superset

D1 seated cable cross extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

D2 single-arm DB preacher curls

Set 1: 6-8 reps

Set 2: 8-12 reps

*D1 and D2 are superset

Lower

A1 knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps

Set 2: 8-12 reps

A2 seated leg curls

Set 1: 6-8 reps

Set 2: 8-12 reps

*A1 and A2 are superset

B1 RDLs

Set 1: 6-8 reps

Set 2: 8-12 reps

B2 leg extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

*B1 and B2 are superset

C1 hip loaded calf raises

Set 1: 6-8 reps
Set 2: 8-12 reps

D1 walking lunges
Set 1: 20 steps total
Set 2: 20 steps total

Weeks 5-6

*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

*Some "intensifiers" add (in the form of drop/extended sets)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Upper

A1 Incline barbell press*

Set 1: 6-8 reps
Set 2: 8-12 reps

A2 neutral grip machine pull downs*

Set 1: 6-8 reps
Set 2: 8-12 reps

*A1 and A2 are superset

B1 flat DB press

Set 1: 6-8 reps
Set 2: 8-12 reps

B2 chest supported tbar rows

Set 1: 6-8 reps
Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

*B1 and B2 are superset

C1 dips (option of chains if available)

Set 1: 6-8 reps
Set 2: 8-12 reps

C2 DB hammers curls

Set 1: 6-8 reps
Set 2: 8-12 reps

*C1 and C2 are superset

D1 seated cable cross extensions

Set 1: 6-8 reps
Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D2 single-arm DB preacher curls

Set 1: 6-8 reps
Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

*D1 and D2 are superset

Lower

A1 knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps
Set 2: 8-12 reps

A2 seated leg curls

Set 1: 6-8 reps
Set 2: 8-12 reps

*A1 and A2 are superset

B1 RDLs

Set 1: 6-8 reps
Set 2: 8-12 reps

B2 leg extensions

Set 1: 6-8 reps
Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

*B1 and B2 are superset

C1 hip loaded calf raises

Set 1: 6-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 walking lunges

Set 1: 20 steps total

Set 2: 20 steps total

**Drop to body weight lunges. Do 50 total body weight lunges to finish