

Fitness with LBIG

TRAINING MANUAL

Foundations. RPE. tempo. rest. and progressive overload

12week programs

LBIG • FAT LOSS • MUSCLE • RECOMP

SECTION 1 — TRAINING FUNDAMENTALS

Warm-Up

A proper warm-up raises core temperature, lubricates the joints, primes the nervous system, and lowers injury risk. Spend 10-15 minutes before every session, in three parts:

- General (5-8 min): light cardio — bike, jump rope, or brisk incline walk to raise heart rate and body temperature.
- Dynamic mobility (3-5 min): leg swings, arm circles, hip openers, band pull-aparts, bodyweight squats moves the joints you're about to load.
- Specific ramp-up (2-3 sets): work up to your first working set with progressively heavier warm-up sets, e.g. bar x10, 50% x8, 70% x5, 85% x2.

RPE — Rate of Perceived Exertion

RPE is a 1-10 scale used to autoregulate how hard a set actually feels, independent of the fixed number on the bar. It's paired with RIR (Reps in Reserve).

RPE	RIR	What it feels like
10	0	Absolute failure — could not complete another rep
9	1	One more rep possible, technique starting to break down
8	2	Two more reps possible, still in full control
7	3	Comfortable effort, clear reps left in the tank
≤6	4+	Warm-up / light recovery intensity

Working sets across this manual's programs target RPE 6-9 depending on the phase — lighter early in a block, harder as the block progresses.

Rest Times

Goal / Rep Range	Rest
Max strength, heavy compounds (1-5 reps)	3-5 min
Hypertrophy (6-12 reps)	60-180 sec
Metabolic / isolation / burnout (12+ reps)	30-60 sec
Supersets	60-90 sec after completing both exercises

Tempo

Tempo is written as a 4-digit code: Eccentric – Pause (bottom) – Concentric – Pause (top). Example: 3-1-1-0 means 3 seconds lowering the weight, 1 second pause at the bottom, 1 second lifting, no pause at the top.

- Slow, controlled eccentrics (3-4 sec) increase time under tension a strong hypertrophy driver.
- An explosive concentric (written as "X") is used for power and strength-speed work.
- A brief pause at the bottom removes the elastic "bounce" and forces the muscle to do the work.

Progressive Overload

Progressive overload means gradually increasing the demand placed on a muscle over time. Without it, a program stalls regardless of how well-designed it is. Use these levers, roughly in this order of priority:

- 1. Reps — add reps within the target range before adding weight (double progression).
- 2. Load — once every set hits the top of the rep range with good form, add weight and drop back to the bottom of the range.
- 3. Sets — add an extra working set to increase total volume.
- 4. Density — reduce rest time slightly to do the same work in less time.
- 5. Tempo — slow the eccentric down to increase time under tension without changing the load.
- 6. Frequency — train a muscle group an extra time per week.

SECTION 2 — 12-WEEK PROGRAMS

Every program below follows the same three-phase progression model from Section 1 (Foundation → Intensification → Overload). Rotate exercises for variations only if joints/equipment force it — consistency on the same lifts is what lets progressive overload work.

1. Full Body

Frequency: 3x / week (e.g. Mon / Wed / Fri), one rest day between sessions

Hits every major muscle group each session. Best for beginners or anyone with limited weekly training days — frequency per muscle is high even with only 3 sessions.

Weekly Split

Day	Exercises
Day A	Back Squat • Bench Press • Barbell Row • Overhead Press • Cable Crunch
Day B	Deadlift • Incline DB Press • Pull-up / Lat Pulldown • DB Walking Lunge • Barbell Curl • Tricep Pushdown
Day C	Front Squat • DB Shoulder Press • Chest-Supported Row • Romanian Deadlift • Hanging Leg Raise

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

2. Upper / Lower

Frequency: 4x / week (e.g. Mon / Tue / Thu / Fri)

Splits the body into upper and lower sessions, trained twice each per week. Good middle ground between full body and higher-frequency splits — solid volume with manageable per-session fatigue.

Weekly Split

Day	Exercises
Upper A	Machine Bench Press or normal bench press • Barbell Row • Overhead Press • Lat Pulldown • Barbell Curl • Tricep Pushdown
Lower A	Back Squat • Romanian Deadlift • Leg Press • Leg Curl • Standing Calf Raise
Upper B	Incline DB Press • Pull-up • DB Shoulder Press • Seated Cable Row • Hammer Curl • Skull Crusher

Day	Exercises
Lower B	Deadlift • Front Squat • Walking Lunge • Leg Extension • Seated Calf Raise

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

3. Push Pull Legs

Frequency: 6x / week (PPL run twice), 1 rest day

High-frequency split hitting each muscle group twice a week with dedicated push, pull, and leg days. Best suited to intermediate/advanced lifters who can recover from six sessions.

Weekly Split

Day	Exercises
Push	Machine Bench Press or normal bench press • Overhead Press • Incline DB Press • Lateral Raise • Tricep Pushdown
Pull	Deadlift • Pull-up • Barbell Row • Face Pull • Barbell Curl
Legs	Back Squat • Romanian Deadlift • Leg Press • Leg Curl • Standing Calf Raise

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

4. Home Workout

Frequency: 3-4x / week, bodyweight + optional resistance bands / dumbbells

No gym required. Uses bodyweight and simple tools (bands, one pair of dumbbells if available) with tempo and unilateral work to substitute for heavy loading.

Weekly Split

Day	Exercises
Day A — Push/Legs	Push-ups • Pike Push-ups • Bodyweight Squats • Bulgarian Split Squat • Plank
Day B — Pull/Core	Band / Pull-up Rows • Inverted Rows (table/bar) • Superman • Glute Bridge • Bicycle Crunch
Day C — Full Body	Burpees • Jump Squats • Diamond Push-ups • Mountain Climbers • Side Plank

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 12-15	6-7	90-120s	Learn movement patterns, build endurance, strict form
Weeks 5-8 Intensification	4 x 10-12	7-8	120-180s	Add tempo (slow eccentrics) and resistance bands; shrink rest slightly
Weeks 9-12 Overload	4-5 x 8-10	8-9	+3 min	Add plyometric / single-limb variations; minimal rest for density

5. Arnold Split

Frequency: 6x / week, classic Chest&Back / Shoulders&Arms / Legs rotation twice

The bodybuilding split popularized by Arnold Schwarzenegger: antagonist muscle pairing (chest/back) for a pump-heavy, high-volume approach, run twice through the week.

Weekly Split

Day	Exercises
Day 1 & 4 — Chest & Back	Machine Bench Press or normal bench press • Incline DB Press • Barbell Row • Pull-up • Weighted Dip • DB Pullover
Day 2 & 5 — Shoulders & Arms	Overhead Press • Lateral Raise • Rear Delt Fly • Barbell Curl • Close-Grip Bench Press
Day 3 & 6 — Legs	Back Squat • Leg Press • Romanian Deadlift • Leg Curl • Standing Calf Raise

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

6. 2-Day Split

Frequency: 2x / week — ideal for very limited schedules

Two full-body sessions per week focused entirely on compound lifts. Lower total volume than the 3-day full body plan, so intensity (RPE) does more of the work.

Weekly Split

Day	Exercises
Day A	Back Squat • Bench Press • Barbell Row • Plank • Standing Calf Raise
Day B	Deadlift • Overhead Press • Lat Pulldown • DB Lunge • Hanging Leg Raise

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

7. 4-Day Split

Frequency: 4x / week — Chest&Tri / Back&Bi / Legs / Shoulders&Abs

A classic bodybuilding 4-day layout that isolates each major group once per week with high per-session volume — well suited to lifters prioritizing muscle detail over frequency.

Weekly Split

Day	Exercises
Day 1 — Chest & Triceps	Machine Bench Press or normal bench press • Incline DB Press • Cable Fly • Tricep Pushdown • Overhead Tricep Extension
Day 2 — Back & Biceps	Deadlift • Pull-up • Barbell Row • Barbell Curl • Hammer Curl
Day 3 — Legs	Back Squat • Romanian Deadlift • Leg Press • Leg Curl • Standing Calf Raise
Day 4 — Shoulders & Abs	Overhead Press • Lateral Raise • Rear Delt Fly • Hanging Leg Raise • Cable Crunch

12-Week Progression

Phase	Sets x Reps	RPE Target	Rest	Focus
Weeks 1-4 Foundation	3 x 10-12	6-7	90-120s	Master technique, build work capacity, light-moderate loads
Weeks 5-8 Intensification	4 x 6-10	7-8	120-180s	Double progression: add reps first, then load once top of range is hit for all sets
Weeks 9-12 Overload	4-5 x 4-8	8-9	+3 min	Heaviest loads of the block; deload (-40% volume) in week 12 if fatigued

Final Message

If you can't pick one just start with the easier option and improve with time or mix your fav splits and ..

Let's get to work.