

BODY PERFORMANCE RESET

3x Per Week — Full Body

Training Template — 5-Week Mesocycle

Three sessions per week. Every major muscle group trained each session.

The minimum effective dose — ideal for busy schedules, beginners, or anyone returning after a break.

Each workout runs 45-55 minutes. Consistency beats volume.

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How to Use This Template

Tempo is written as four numbers: Eccentric / Pause / Concentric / Pause. A tempo of 3010 means 3 seconds to lower, no pause at the bottom, 1 second to lift, no pause at the top. The tempo IS the exercise — control every rep.

RIR (Reps in Reserve) is how many reps you could have completed before technical failure. RIR 2 means you stopped with 2 good reps left. Begin conservatively. The intensity builds across the mesocycle.

Weight column — fill in the load you use for each exercise. When you can complete the top of the rep range with proper tempo, increase the weight by the smallest available increment.

Progressive structure — each week adds volume and/or intensity. Week 1 is foundation. Week 4 pushes to failure. Week 5 is a deload at ~50% volume. Do not skip the deload.

Week	Focus	Target RIR	Volume
Week 1	Foundation	RIR 3-2	Moderate
Week 2	Volume	RIR 2	Increased
Week 3	Peak Volume	RIR 1-0	Maximum
Week 4	Intensification	RIR 0 (failure)	Peak
Week 5	Deload	RIR 4+	~50% reduction

Week 1 — Foundation

Target RIR: 3-2 | Moderate volume — learn the tempos

Day A

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	3	8-10	3010	3-2		Primary lower. Full depth.
Dumbbell Bench Press	3	8-12	3010	3-2		Primary upper push.
Cable Row (Neutral Grip)	3	10-12	2011	3-2		Squeeze at peak contraction.
Romanian Deadlift	3	10-12	3010	3-2		Hinge at hips. Slight knee bend.
Dumbbell Lateral Raise	2	12-15	2010	3-2		Light weight. Control the arc.
Plank Hold	2	30-45s	Hold	3-2		Brace hard. Breathe.

Session Notes:

Day B

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	3	10-12	3010	3-2		Full ROM. No lockout.
Overhead Press (DB or BB)	3	8-10	2010	3-2		Strict. No leg drive.
Lat Pulldown	3	10-12	2011	3-2		Full stretch at top.
Walking Lunge	2	10/leg	2010	3-2		Controlled steps.
Dumbbell Curl	2	10-12	2010	3-2		Supinate at top.
Tricep Rope Pushdown	2	12-15	2010	3-2		Full extension.

Session Notes:

Day C

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	3	6-8	2010	3-2		Primary hip hinge.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Incline Dumbbell Press	3	8-12	3010	3-2		30-45 degree incline.
Seated Cable Row	3	10-12	2011	3-2		Chest up. Pull to navel.
Leg Curl	3	10-12	3010	3-2		Slow eccentric.
Face Pull	2	15-20	2011	3-2		External rotation at peak.
Ab Wheel / Pallof Press	2	8-10	2020	3-2		Anti-extension / anti-rotation.

Session Notes:

Week 2 — Volume

Target RIR: 2 | Sets increase — intensity builds

Day A

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	8-10	3010	2		Primary lower. Full depth.
Dumbbell Bench Press	4	8-12	3010	2		Primary upper push.
Cable Row (Neutral Grip)	4	10-12	2011	2		Squeeze at peak contraction.
Romanian Deadlift	4	10-12	3010	2		Hinge at hips. Slight knee bend.
Dumbbell Lateral Raise	3	12-15	2010	2		Light weight. Control the arc.
Plank Hold	3	30-45s	Hold	2		Brace hard. Breathe.

Session Notes:

Day B

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	4	10-12	3010	2		Full ROM. No lockout.
Overhead Press (DB or BB)	4	8-10	2010	2		Strict. No leg drive.
Lat Pulldown	4	10-12	2011	2		Full stretch at top.
Walking Lunge	3	10/leg	2010	2		Controlled steps.
Dumbbell Curl	3	10-12	2010	2		Supinate at top.
Tricep Rope Pushdown	3	12-15	2010	2		Full extension.

Session Notes:

Day C

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	6-8	2010	2		Primary hip hinge.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Incline Dumbbell Press	4	8-12	3010	2		30-45 degree incline.
Seated Cable Row	4	10-12	2011	2		Chest up. Pull to navel.
Leg Curl	4	10-12	3010	2		Slow eccentric.
Face Pull	3	15-20	2011	2		External rotation at peak.
Ab Wheel / Pallof Press	3	8-10	2020	2		Anti-extension / anti-rotation.

Session Notes:

Week 3 — Peak Volume

Target RIR: 1-0 | Maximum effective volume — hardest week

Day A

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	8-10	3010	1-0		Primary lower. Full depth.
Dumbbell Bench Press	4	8-12	3010	1-0		Primary upper push.
Cable Row (Neutral Grip)	4	10-12	2011	1-0		Squeeze at peak contraction.
Romanian Deadlift	4	10-12	3010	1-0		Hinge at hips. Slight knee bend.
Dumbbell Lateral Raise	3	12-15	2010	1-0		Light weight. Control the arc.
Plank Hold	3	30-45s	Hold	1-0		Brace hard. Breathe.

Session Notes:

Day B

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	4	10-12	3010	1-0		Full ROM. No lockout.
Overhead Press (DB or BB)	4	8-10	2010	1-0		Strict. No leg drive.
Lat Pulldown	4	10-12	2011	1-0		Full stretch at top.
Walking Lunge	3	10/leg	2010	1-0		Controlled steps.
Dumbbell Curl	3	10-12	2010	1-0		Supinate at top.
Tricep Rope Pushdown	3	12-15	2010	1-0		Full extension.

Session Notes:

Day C

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	6-8	2010	1-0		Primary hip hinge.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Incline Dumbbell Press	4	8-12	3010	1-0		30-45 degree incline.
Seated Cable Row	4	10-12	2011	1-0		Chest up. Pull to navel.
Leg Curl	4	10-12	3010	1-0		Slow eccentric.
Face Pull	3	15-20	2011	1-0		External rotation at peak.
Ab Wheel / Pallof Press	3	8-10	2020	1-0		Anti-extension / anti-rotation.

Session Notes:

Week 4 — Intensification

Target RIR: 0 | Final sets to technical failure

Day A

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	3	8-10	3010	0		Primary lower. Full depth.
Dumbbell Bench Press	3	8-12	3010	0		Primary upper push.
Cable Row (Neutral Grip)	3	10-12	2011	0		Squeeze at peak contraction.
Romanian Deadlift	3	10-12	3010	0		Hinge at hips. Slight knee bend.
Dumbbell Lateral Raise	2	12-15	2010	0		Light weight. Control the arc.
Plank Hold	2	30-45s	Hold	0		Brace hard. Breathe.

Session Notes:

Day B

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	3	10-12	3010	0		Full ROM. No lockout.
Overhead Press (DB or BB)	3	8-10	2010	0		Strict. No leg drive.
Lat Pulldown	3	10-12	2011	0		Full stretch at top.
Walking Lunge	2	10/leg	2010	0		Controlled steps.
Dumbbell Curl	2	10-12	2010	0		Supinate at top.
Tricep Rope Pushdown	2	12-15	2010	0		Full extension.

Session Notes:

Day C

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	3	6-8	2010	0		Primary hip hinge.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Incline Dumbbell Press	3	8-12	3010	0		30-45 degree incline.
Seated Cable Row	3	10-12	2011	0		Chest up. Pull to navel.
Leg Curl	3	10-12	3010	0		Slow eccentric.
Face Pull	2	15-20	2011	0		External rotation at peak.
Ab Wheel / Pallof Press	2	8-10	2020	0		Anti-extension / anti-rotation.

Session Notes:

Week 5 — Deload

Target RIR: 4+ | ~50% volume — recovery and supercompensation

Day A

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	1	8-10	3010	4+		Primary lower. Full depth.
Dumbbell Bench Press	1	8-12	3010	4+		Primary upper push.
Cable Row (Neutral Grip)	1	10-12	2011	4+		Squeeze at peak contraction.
Romanian Deadlift	1	10-12	3010	4+		Hinge at hips. Slight knee bend.
Dumbbell Lateral Raise	1	12-15	2010	4+		Light weight. Control the arc.
Plank Hold	1	30-45s	Hold	4+		Brace hard. Breathe.

Session Notes:

Day B

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	1	10-12	3010	4+		Full ROM. No lockout.
Overhead Press (DB or BB)	1	8-10	2010	4+		Strict. No leg drive.
Lat Pulldown	1	10-12	2011	4+		Full stretch at top.
Walking Lunge	1	10/leg	2010	4+		Controlled steps.
Dumbbell Curl	1	10-12	2010	4+		Supinate at top.
Tricep Rope Pushdown	1	12-15	2010	4+		Full extension.

Session Notes:

Day C

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	1	6-8	2010	4+		Primary hip hinge.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Incline Dumbbell Press	1	8-12	3010	4+		30-45 degree incline.
Seated Cable Row	1	10-12	2011	4+		Chest up. Pull to navel.
Leg Curl	1	10-12	3010	4+		Slow eccentric.
Face Pull	1	15-20	2011	4+		External rotation at peak.
Ab Wheel / Pallof Press	1	8-10	2020	4+		Anti-extension / anti-rotation.

Session Notes:

Weekly Progress Log

Record your weekly averages here to track progress across the mesocycle.

Week	Avg Weight	Calorie Target	Protein Avg	Steps Avg	Notes
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					