

BODY PERFORMANCE RESET

4x Per Week — Upper / Lower

Training Template — 5-Week Mesocycle

Four sessions per week alternating upper and lower body.

More volume per muscle group than full body. Requires reliable 4-day availability.

Upper A/B and Lower A/B provide variation within each training day.

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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

Upper A — Horizontal Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	4	6-8	3010	3-2		Primary horizontal push.
Barbell Row (Pronated)	4	8-10	2011	3-2		Torso ~45 degrees.
Dumbbell Shoulder Press	3	8-10	2010	3-2		Seated or standing.
Cable Face Pull	3	15-20	2011	3-2		External rotate at peak.
Dumbbell Curl	2	10-12	2010	3-2		
Overhead Tricep Extension	2	10-12	2010	3-2		Cable or dumbbell.

Session Notes:

Lower A — Squat Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	6-8	3010	3-2		Full depth. Brace hard.
Romanian Deadlift	3	8-10	3010	3-2		Hinge pattern.
Leg Press	3	10-12	3010	3-2		After squats. No lockout.
Leg Curl (Seated or Lying)	3	10-12	3010	3-2		Slow eccentric.
Standing Calf Raise	3	12-15	2110	3-2		Pause at stretch.
Hanging Knee Raise	2	10-15	2010	3-2		

Session Notes:

Upper B — Vertical Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	4	6-10	2011	3-2		Primary vertical pull.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	4	6-8	2010	3-2		Strict. No leg drive.
Cable Row (Neutral Grip)	3	10-12	2011	3-2		
Dumbbell Lateral Raise	3	12-15	2010	3-2		Light and controlled.
Hammer Curl	2	10-12	2010	3-2		
Tricep Rope Pushdown	2	12-15	2010	3-2		

Session Notes:

Lower B — Hinge Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	5-8	2010	3-2		Primary hip hinge.
Bulgarian Split Squat	3	8-10/leg	2010	3-2		Dumbbells. Rear foot elevated.
Hip Thrust (BB or Machine)	3	10-12	2011	3-2		Squeeze at top.
Leg Extension	3	12-15	2011	3-2		Peak contraction hold.
Seated Calf Raise	3	12-15	2110	3-2		
Palof Press	2	10/side	2020	3-2		Anti-rotation.

Session Notes:

Week 2 — Volume

Target RIR: 2 | Sets increase — intensity builds

Upper A — Horizontal Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	5	6-8	3010	2		Primary horizontal push.
Barbell Row (Pronated)	5	8-10	2011	2		Torso ~45 degrees.
Dumbbell Shoulder Press	4	8-10	2010	2		Seated or standing.
Cable Face Pull	4	15-20	2011	2		External rotate at peak.
Dumbbell Curl	3	10-12	2010	2		
Overhead Tricep Extension	3	10-12	2010	2		Cable or dumbbell.

Session Notes:

Lower A — Squat Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	5	6-8	3010	2		Full depth. Brace hard.
Romanian Deadlift	4	8-10	3010	2		Hinge pattern.
Leg Press	4	10-12	3010	2		After squats. No lockout.
Leg Curl (Seated or Lying)	4	10-12	3010	2		Slow eccentric.
Standing Calf Raise	4	12-15	2110	2		Pause at stretch.
Hanging Knee Raise	3	10-15	2010	2		

Session Notes:

Upper B — Vertical Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	5	6-10	2011	2		Primary vertical pull.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	5	6-8	2010	2		Strict. No leg drive.
Cable Row (Neutral Grip)	4	10-12	2011	2		
Dumbbell Lateral Raise	4	12-15	2010	2		Light and controlled.
Hammer Curl	3	10-12	2010	2		
Tricep Rope Pushdown	3	12-15	2010	2		

Session Notes:

Lower B — Hinge Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	5	5-8	2010	2		Primary hip hinge.
Bulgarian Split Squat	4	8-10/leg	2010	2		Dumbbells. Rear foot elevated.
Hip Thrust (BB or Machine)	4	10-12	2011	2		Squeeze at top.
Leg Extension	4	12-15	2011	2		Peak contraction hold.
Seated Calf Raise	4	12-15	2110	2		
Palof Press	3	10/side	2020	2		Anti-rotation.

Session Notes:

Week 3 — Peak Volume

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

Upper A — Horizontal Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	5	6-8	3010	1-0		Primary horizontal push.
Barbell Row (Pronated)	5	8-10	2011	1-0		Torso ~45 degrees.
Dumbbell Shoulder Press	4	8-10	2010	1-0		Seated or standing.
Cable Face Pull	4	15-20	2011	1-0		External rotate at peak.
Dumbbell Curl	3	10-12	2010	1-0		
Overhead Tricep Extension	3	10-12	2010	1-0		Cable or dumbbell.

Session Notes:

Lower A — Squat Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	5	6-8	3010	1-0		Full depth. Brace hard.
Romanian Deadlift	4	8-10	3010	1-0		Hinge pattern.
Leg Press	4	10-12	3010	1-0		After squats. No lockout.
Leg Curl (Seated or Lying)	4	10-12	3010	1-0		Slow eccentric.
Standing Calf Raise	4	12-15	2110	1-0		Pause at stretch.
Hanging Knee Raise	3	10-15	2010	1-0		

Session Notes:

Upper B — Vertical Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	5	6-10	2011	1-0		Primary vertical pull.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	5	6-8	2010	1-0		Strict. No leg drive.
Cable Row (Neutral Grip)	4	10-12	2011	1-0		
Dumbbell Lateral Raise	4	12-15	2010	1-0		Light and controlled.
Hammer Curl	3	10-12	2010	1-0		
Tricep Rope Pushdown	3	12-15	2010	1-0		

Session Notes:

Lower B — Hinge Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	5	5-8	2010	1-0		Primary hip hinge.
Bulgarian Split Squat	4	8-10/leg	2010	1-0		Dumbbells. Rear foot elevated.
Hip Thrust (BB or Machine)	4	10-12	2011	1-0		Squeeze at top.
Leg Extension	4	12-15	2011	1-0		Peak contraction hold.
Seated Calf Raise	4	12-15	2110	1-0		
Pallof Press	3	10/side	2020	1-0		Anti-rotation.

Session Notes:

Week 4 — Intensification

Target RIR: 0 | Final sets to technical failure

Upper A — Horizontal Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	4	6-8	3010	0		Primary horizontal push.
Barbell Row (Pronated)	4	8-10	2011	0		Torso ~45 degrees.
Dumbbell Shoulder Press	3	8-10	2010	0		Seated or standing.
Cable Face Pull	3	15-20	2011	0		External rotate at peak.
Dumbbell Curl	2	10-12	2010	0		
Overhead Tricep Extension	2	10-12	2010	0		Cable or dumbbell.

Session Notes:

Lower A — Squat Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	6-8	3010	0		Full depth. Brace hard.
Romanian Deadlift	3	8-10	3010	0		Hinge pattern.
Leg Press	3	10-12	3010	0		After squats. No lockout.
Leg Curl (Seated or Lying)	3	10-12	3010	0		Slow eccentric.
Standing Calf Raise	3	12-15	2110	0		Pause at stretch.
Hanging Knee Raise	2	10-15	2010	0		

Session Notes:

Upper B — Vertical Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	4	6-10	2011	0		Primary vertical pull.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	4	6-8	2010	0		Strict. No leg drive.
Cable Row (Neutral Grip)	3	10-12	2011	0		
Dumbbell Lateral Raise	3	12-15	2010	0		Light and controlled.
Hammer Curl	2	10-12	2010	0		
Tricep Rope Pushdown	2	12-15	2010	0		

Session Notes:

Lower B — Hinge Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	5-8	2010	0		Primary hip hinge.
Bulgarian Split Squat	3	8-10/leg	2010	0		Dumbbells. Rear foot elevated.
Hip Thrust (BB or Machine)	3	10-12	2011	0		Squeeze at top.
Leg Extension	3	12-15	2011	0		Peak contraction hold.
Seated Calf Raise	3	12-15	2110	0		
Pallof Press	2	10/side	2020	0		Anti-rotation.

Session Notes:

Week 5 — Deload

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

Upper A — Horizontal Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	2	6-8	3010	4+		Primary horizontal push.
Barbell Row (Pronated)	2	8-10	2011	4+		Torso ~45 degrees.
Dumbbell Shoulder Press	1	8-10	2010	4+		Seated or standing.
Cable Face Pull	1	15-20	2011	4+		External rotate at peak.
Dumbbell Curl	1	10-12	2010	4+		
Overhead Tricep Extension	1	10-12	2010	4+		Cable or dumbbell.

Session Notes:

Lower A — Squat Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	2	6-8	3010	4+		Full depth. Brace hard.
Romanian Deadlift	1	8-10	3010	4+		Hinge pattern.
Leg Press	1	10-12	3010	4+		After squats. No lockout.
Leg Curl (Seated or Lying)	1	10-12	3010	4+		Slow eccentric.
Standing Calf Raise	1	12-15	2110	4+		Pause at stretch.
Hanging Knee Raise	1	10-15	2010	4+		

Session Notes:

Upper B — Vertical Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	2	6-10	2011	4+		Primary vertical pull.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	2	6-8	2010	4+		Strict. No leg drive.
Cable Row (Neutral Grip)	1	10-12	2011	4+		
Dumbbell Lateral Raise	1	12-15	2010	4+		Light and controlled.
Hammer Curl	1	10-12	2010	4+		
Tricep Rope Pushdown	1	12-15	2010	4+		

Session Notes:

Lower B — Hinge Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	2	5-8	2010	4+		Primary hip hinge.
Bulgarian Split Squat	1	8-10/leg	2010	4+		Dumbbells. Rear foot elevated.
Hip Thrust (BB or Machine)	1	10-12	2011	4+		Squeeze at top.
Leg Extension	1	12-15	2011	4+		Peak contraction hold.
Seated Calf Raise	1	12-15	2110	4+		
Pallof Press	1	10/side	2020	4+		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					