

BODY PERFORMANCE RESET

6x Per Week — Push / Pull / Legs

Training Template — 5-Week Mesocycle

Six sessions per week. Push, pull, and legs — each trained twice.

Maximum volume and frequency for experienced trainees.

A/B variants provide exercise variation across the week.

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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

Push A — Chest Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	4	6-8	3010	3-2		Primary movement.
Incline Dumbbell Press	3	8-10	3010	3-2		30-degree incline.
Dumbbell Shoulder Press	3	8-10	2010	3-2		Seated.
Cable Fly (Low to High)	3	12-15	2011	3-2		Squeeze at peak.
Lateral Raise	3	12-15	2010	3-2		Light weight.
Overhead Tricep Extension	3	10-12	2010	3-2		Cable or dumbbell.

Session Notes:

Pull A — Width Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	4	6-10	2011	3-2		Full stretch.
Barbell Row (Pronated)	4	8-10	2011	3-2		Torso ~45 degrees.
Chest-Supported Row	3	10-12	2011	3-2		No momentum.
Face Pull	3	15-20	2011	3-2		External rotate.
Barbell Curl	3	8-10	2010	3-2		Strict.
Hammer Curl	2	10-12	2010	3-2		

Session Notes:

Legs A — Quad Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	6-8	3010	3-2		Full depth.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	3	10-12	3010	3-2		High and wide foot placement.
Walking Lunge	3	10/leg	2010	3-2		Dumbbells.
Leg Extension	3	12-15	2011	3-2		Peak contraction.
Standing Calf Raise	4	10-15	2110	3-2		Pause at stretch.
Hanging Knee Raise	3	10-15	2010	3-2		

Session Notes:

Push B — Shoulder Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	4	6-8	2010	3-2		Primary movement.
Flat Dumbbell Press	3	8-10	3010	3-2		
Arnold Press	3	10-12	2010	3-2		Full rotation.
Cable Crossover	3	12-15	2011	3-2		
Lateral Raise (Cable)	3	12-15	2010	3-2		One arm at a time.
Tricep Dip or Close-Grip Bench	3	8-10	2010	3-2		

Session Notes:

Pull B — Thickness Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Pendlay Row or T-Bar Row	4	6-8	1010	3-2		Explosive concentric.
Lat Pulldown (Close Grip)	3	10-12	2011	3-2		
Seated Cable Row	3	10-12	2011	3-2		Chest up.
Reverse Fly (Cable or DB)	3	12-15	2011	3-2		Rear delt focus.
Incline Dumbbell Curl	3	10-12	2010	3-2		Long head stretch.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Preacher Curl	2	10-12	2010	3-2		

Session Notes:

Legs B — Posterior Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	5-8	2010	3-2		Primary hinge.
Bulgarian Split Squat	3	8-10/leg	2010	3-2		
Hip Thrust	3	10-12	2011	3-2		
Lying Leg Curl	3	10-12	3010	3-2		Slow eccentric.
Seated Calf Raise	4	12-15	2110	3-2		
Ab Wheel Rollout	3	8-12	2010	3-2		Anti-extension.

Session Notes:

Week 2 — Volume

Target RIR: 2 | Sets increase — intensity builds

Push A — Chest Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	5	6-8	3010	2		Primary movement.
Incline Dumbbell Press	4	8-10	3010	2		30-degree incline.
Dumbbell Shoulder Press	4	8-10	2010	2		Seated.
Cable Fly (Low to High)	4	12-15	2011	2		Squeeze at peak.
Lateral Raise	4	12-15	2010	2		Light weight.
Overhead Tricep Extension	4	10-12	2010	2		Cable or dumbbell.

Session Notes:

Pull A — Width Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	5	6-10	2011	2		Full stretch.
Barbell Row (Pronated)	5	8-10	2011	2		Torso ~45 degrees.
Chest-Supported Row	4	10-12	2011	2		No momentum.
Face Pull	4	15-20	2011	2		External rotate.
Barbell Curl	4	8-10	2010	2		Strict.
Hammer Curl	3	10-12	2010	2		

Session Notes:

Legs A — Quad Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	5	6-8	3010	2		Full depth.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	4	10-12	3010	2		High and wide foot placement.
Walking Lunge	4	10/leg	2010	2		Dumbbells.
Leg Extension	4	12-15	2011	2		Peak contraction.
Standing Calf Raise	5	10-15	2110	2		Pause at stretch.
Hanging Knee Raise	4	10-15	2010	2		

Session Notes:

Push B — Shoulder Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	5	6-8	2010	2		Primary movement.
Flat Dumbbell Press	4	8-10	3010	2		
Arnold Press	4	10-12	2010	2		Full rotation.
Cable Crossover	4	12-15	2011	2		
Lateral Raise (Cable)	4	12-15	2010	2		One arm at a time.
Tricep Dip or Close-Grip Bench	4	8-10	2010	2		

Session Notes:

Pull B — Thickness Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Pendlay Row or T-Bar Row	5	6-8	1010	2		Explosive concentric.
Lat Pulldown (Close Grip)	4	10-12	2011	2		
Seated Cable Row	4	10-12	2011	2		Chest up.
Reverse Fly (Cable or DB)	4	12-15	2011	2		Rear delt focus.
Incline Dumbbell Curl	4	10-12	2010	2		Long head stretch.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Preacher Curl	3	10-12	2010	2		

Session Notes:

Legs B — Posterior Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	5	5-8	2010	2		Primary hinge.
Bulgarian Split Squat	4	8-10/leg	2010	2		
Hip Thrust	4	10-12	2011	2		
Lying Leg Curl	4	10-12	3010	2		Slow eccentric.
Seated Calf Raise	5	12-15	2110	2		
Ab Wheel Rollout	4	8-12	2010	2		Anti-extension.

Session Notes:

Week 3 — Peak Volume

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

Push A — Chest Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	5	6-8	3010	1-0		Primary movement.
Incline Dumbbell Press	4	8-10	3010	1-0		30-degree incline.
Dumbbell Shoulder Press	4	8-10	2010	1-0		Seated.
Cable Fly (Low to High)	4	12-15	2011	1-0		Squeeze at peak.
Lateral Raise	4	12-15	2010	1-0		Light weight.
Overhead Tricep Extension	4	10-12	2010	1-0		Cable or dumbbell.

Session Notes:

Pull A — Width Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	5	6-10	2011	1-0		Full stretch.
Barbell Row (Pronated)	5	8-10	2011	1-0		Torso ~45 degrees.
Chest-Supported Row	4	10-12	2011	1-0		No momentum.
Face Pull	4	15-20	2011	1-0		External rotate.
Barbell Curl	4	8-10	2010	1-0		Strict.
Hammer Curl	3	10-12	2010	1-0		

Session Notes:

Legs A — Quad Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	5	6-8	3010	1-0		Full depth.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	4	10-12	3010	1-0		High and wide foot placement.
Walking Lunge	4	10/leg	2010	1-0		Dumbbells.
Leg Extension	4	12-15	2011	1-0		Peak contraction.
Standing Calf Raise	5	10-15	2110	1-0		Pause at stretch.
Hanging Knee Raise	4	10-15	2010	1-0		

Session Notes:

Push B — Shoulder Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	5	6-8	2010	1-0		Primary movement.
Flat Dumbbell Press	4	8-10	3010	1-0		
Arnold Press	4	10-12	2010	1-0		Full rotation.
Cable Crossover	4	12-15	2011	1-0		
Lateral Raise (Cable)	4	12-15	2010	1-0		One arm at a time.
Tricep Dip or Close-Grip Bench	4	8-10	2010	1-0		

Session Notes:

Pull B — Thickness Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Pendlay Row or T-Bar Row	5	6-8	1010	1-0		Explosive concentric.
Lat Pulldown (Close Grip)	4	10-12	2011	1-0		
Seated Cable Row	4	10-12	2011	1-0		Chest up.
Reverse Fly (Cable or DB)	4	12-15	2011	1-0		Rear delt focus.
Incline Dumbbell Curl	4	10-12	2010	1-0		Long head stretch.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Preacher Curl	3	10-12	2010	1-0		

Session Notes:

Legs B — Posterior Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	5	5-8	2010	1-0		Primary hinge.
Bulgarian Split Squat	4	8-10/leg	2010	1-0		
Hip Thrust	4	10-12	2011	1-0		
Lying Leg Curl	4	10-12	3010	1-0		Slow eccentric.
Seated Calf Raise	5	12-15	2110	1-0		
Ab Wheel Rollout	4	8-12	2010	1-0		Anti-extension.

Session Notes:

Week 4 — Intensification

Target RIR: 0 | Final sets to technical failure

Push A — Chest Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	4	6-8	3010	0		Primary movement.
Incline Dumbbell Press	3	8-10	3010	0		30-degree incline.
Dumbbell Shoulder Press	3	8-10	2010	0		Seated.
Cable Fly (Low to High)	3	12-15	2011	0		Squeeze at peak.
Lateral Raise	3	12-15	2010	0		Light weight.
Overhead Tricep Extension	3	10-12	2010	0		Cable or dumbbell.

Session Notes:

Pull A — Width Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	4	6-10	2011	0		Full stretch.
Barbell Row (Pronated)	4	8-10	2011	0		Torso ~45 degrees.
Chest-Supported Row	3	10-12	2011	0		No momentum.
Face Pull	3	15-20	2011	0		External rotate.
Barbell Curl	3	8-10	2010	0		Strict.
Hammer Curl	2	10-12	2010	0		

Session Notes:

Legs A — Quad Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	4	6-8	3010	0		Full depth.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	3	10-12	3010	0		High and wide foot placement.
Walking Lunge	3	10/leg	2010	0		Dumbbells.
Leg Extension	3	12-15	2011	0		Peak contraction.
Standing Calf Raise	4	10-15	2110	0		Pause at stretch.
Hanging Knee Raise	3	10-15	2010	0		

Session Notes:

Push B — Shoulder Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	4	6-8	2010	0		Primary movement.
Flat Dumbbell Press	3	8-10	3010	0		
Arnold Press	3	10-12	2010	0		Full rotation.
Cable Crossover	3	12-15	2011	0		
Lateral Raise (Cable)	3	12-15	2010	0		One arm at a time.
Tricep Dip or Close-Grip Bench	3	8-10	2010	0		

Session Notes:

Pull B — Thickness Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Pendlay Row or T-Bar Row	4	6-8	1010	0		Explosive concentric.
Lat Pulldown (Close Grip)	3	10-12	2011	0		
Seated Cable Row	3	10-12	2011	0		Chest up.
Reverse Fly (Cable or DB)	3	12-15	2011	0		Rear delt focus.
Incline Dumbbell Curl	3	10-12	2010	0		Long head stretch.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Preacher Curl	2	10-12	2010	0		

Session Notes:

Legs B — Posterior Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	4	5-8	2010	0		Primary hinge.
Bulgarian Split Squat	3	8-10/leg	2010	0		
Hip Thrust	3	10-12	2011	0		
Lying Leg Curl	3	10-12	3010	0		Slow eccentric.
Seated Calf Raise	4	12-15	2110	0		
Ab Wheel Rollout	3	8-12	2010	0		Anti-extension.

Session Notes:

Week 5 — Deload

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

Push A — Chest Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Bench Press	2	6-8	3010	4+		Primary movement.
Incline Dumbbell Press	1	8-10	3010	4+		30-degree incline.
Dumbbell Shoulder Press	1	8-10	2010	4+		Seated.
Cable Fly (Low to High)	1	12-15	2011	4+		Squeeze at peak.
Lateral Raise	1	12-15	2010	4+		Light weight.
Overhead Tricep Extension	1	10-12	2010	4+		Cable or dumbbell.

Session Notes:

Pull A — Width Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Weighted Pull-Up or Lat Pulldown	2	6-10	2011	4+		Full stretch.
Barbell Row (Pronated)	2	8-10	2011	4+		Torso ~45 degrees.
Chest-Supported Row	1	10-12	2011	4+		No momentum.
Face Pull	1	15-20	2011	4+		External rotate.
Barbell Curl	1	8-10	2010	4+		Strict.
Hammer Curl	1	10-12	2010	4+		

Session Notes:

Legs A — Quad Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Barbell Back Squat	2	6-8	3010	4+		Full depth.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Leg Press	1	10-12	3010	4+		High and wide foot placement.
Walking Lunge	1	10/leg	2010	4+		Dumbbells.
Leg Extension	1	12-15	2011	4+		Peak contraction.
Standing Calf Raise	2	10-15	2110	4+		Pause at stretch.
Hanging Knee Raise	1	10-15	2010	4+		

Session Notes:

Push B — Shoulder Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Overhead Press (BB)	2	6-8	2010	4+		Primary movement.
Flat Dumbbell Press	1	8-10	3010	4+		
Arnold Press	1	10-12	2010	4+		Full rotation.
Cable Crossover	1	12-15	2011	4+		
Lateral Raise (Cable)	1	12-15	2010	4+		One arm at a time.
Tricep Dip or Close-Grip Bench	1	8-10	2010	4+		

Session Notes:

Pull B — Thickness Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Pendlay Row or T-Bar Row	2	6-8	1010	4+		Explosive concentric.
Lat Pulldown (Close Grip)	1	10-12	2011	4+		
Seated Cable Row	1	10-12	2011	4+		Chest up.
Reverse Fly (Cable or DB)	1	12-15	2011	4+		Rear delt focus.
Incline Dumbbell Curl	1	10-12	2010	4+		Long head stretch.

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Preacher Curl	1	10-12	2010	4+		

Session Notes:

Legs B — Posterior Focus

Exercise	Sets	Reps	Tempo	RIR	Weight	Notes
Trap Bar Deadlift	2	5-8	2010	4+		Primary hinge.
Bulgarian Split Squat	1	8-10/leg	2010	4+		
Hip Thrust	1	10-12	2011	4+		
Lying Leg Curl	1	10-12	3010	4+		Slow eccentric.
Seated Calf Raise	2	12-15	2110	4+		
Ab Wheel Rollout	1	8-12	2010	4+		Anti-extension.

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					