

Thank you for purchasing the RP Simplified Training Templates!

In order to give you the best possible experience, we've included these detailed instructions on how to run the template. (The accompanying FAQ document also addresses various questions you might have.) Our best advice to you is to first read this How-To in its entirety and then review the FAQ for additional recommendations. Only after familiarizing yourself with these resources do we recommend you start using the template for your training!

This [quick How-To video](#) is a great place to start! For in-depth guidance, please read on.

STEP BY STEP HOW-TO INSTRUCTIONS**Accessing your templates (and making sure all sheets are included)**

Once you download your templates, you'll find the core program in a Microsoft Excel document (and this How-To and FAQ docs as PDFs). Unfortunately, we cannot guarantee that the Excel-specific formulas and drop-down menus will function properly in any other program (Google Sheets, Apple Numbers, etc), so Excel is a prerequisite for accessing your program.

When you open your excel file, you should see 3 sheets:

- Quick Tips
- First Time Program
- Long Term Program

Understanding the Training Plan

The First Time Program sheet is a single cycle of training, of which the first four weeks are the hard workouts (they get harder each week), and the last week of which is the “deload” week in which your body recovers to train again. Once you've run the First Time Program once, you can begin to use the Long Term Program. You can re-use the Long Term Program for up to several years of training by simply increasing the weights you're lifting or by choosing different exercises.

Now that we have a general outline of the training process, let's zoom in to see how the First Time Program and Long Term Program sheets work and how you can program them to work best for your needs.

Steps 1 and 2: Entering your preferred exercises.

Before we get into the details, please keep this in mind. If you EVER get lost in all of this, just look at the workout sheets themselves and follow the sequential step numbers (1-6) and corresponding instructions in each step of the process.

Before you enter ANYTHING into any cell of your templates, save a spare copy of the templates document! This way, if anything goes awry when you're interacting with the spreadsheet, you'll have a fresh copy to start over with. On the First Time Program sheet, the column to the left of step “1 | Choose Your Exercises Below”) you'll see broader body part / exercise “family” categories, such as “quads” or “biceps”. In the step 1 drop downs, you'll then find the exercises that

belong to each category, and will select one exercise from each, which will then populate that day of the week all 5 weeks of your First Time Program. A few quick tips:

- Pick the exercises that you have access to at your gym and/or that you've done before or are the most comfortable doing
- For better results, we recommend picking two different exercises from the same category for each of your training days. For instance, for the "Quads" category on Day 1, you might pick the Sumo Squat, but then pick the Leg Press for Quads for Day 2 (vs repeating the Sumo Squat again) . You can choose to repeat the same exercise for multiple training days only if you feel confident in your ability to benefit and recover from this approach, but err towards exercise variety otherwise.
- There's no right or wrong exercise to select, but starting with exercises you're perhaps a bit more familiar with can help you build confidence
- To help you remember the proper techniques for the exercises, every time you pick an exercise, its how-to video, will pop up in a clickable link in the step "2" column. These videos are a great reference for you to learn or refresh your technique. When you train, try to have the best technique you can so that you stay the safest and get the maximum results from the program.

Step 3: Entering your estimated 10 Reps values

Once you've picked your exercises in step "1," you're ready to pick the estimated 10 Reps values in step "3". This column is intended to contain your "10RM", aka "10 repetition max", which is the most weight you can do for one set of 10 on each exercise. Does this mean you MUST actually go to the gym for the whole week before this program and find your 10 Reps values by testing them? Absolutely not. If you have actual recent 10 Reps values from your older training, great, use those. If you don't, this program is designed to work well in a wide range of weights that are estimates of your "10 Reps".

When picking your "10 Reps" weights, stay away from both overly ambitious and "too easy" ones. So, picking weights with which you're likely to struggle to get 6 reps on a good day or weights you can rep out for 15 any day are examples of unrealistic vs realistic but challenging choices. Just give your best guess to your realistic 10 Reps, keeping fear and ego out of the decision as much as you can, and tune as necessary if you find your initial weight choice too hard or too easy to lift for 10 reps.

(10 reps)

After the first week, if your first couple of sets on an exercise are 5 or fewer reps, you'll need to drop your 10 Reps weight a bit, to get around 10-20 reps on your first set of each exercise. If your first couple of sets are over 30 reps, you need to bump that weight up until it's below 20 reps on the first set the next time you do that exercise. If your last couple of sets in any exercise (when you are tired from the first sets) dip below 5 reps, no worries, so long as the first couple were over 5 reps.

Step 4: Following the workouts

Once you've populated the 10 Reps column, you can proceed to step "4", where the first week of your newly generated workout awaits! Your whole workout will be generated for you, including weights, sets, and rep recommendations.

Before you begin your training, first thing's always first: the warm-up! Warm up how you usually do until you're ready to begin the working sets, and feel free to warm up prior to each new exercise as well. Warm-up tip: Lift half of your listed weight for that day for 10 reps, rest for one minute*, then lift your listed weight for 3 reps prior to beginning your first "real" working set with that weight.

** You should rest no more than 1 minute between each set, unless you're really out of breath and need a bit more time.*

Conversely, if you're breathing fine in under a minute, go right into your next set!

Step 5: Determining Reps.

When you're doing each working set, you'll notice that the "rep goal" column says "2/fail." While this and a few other terms are defined at the bottom of both the First Time and Long Term sheets for your convenience, here's a bit more on this term: if the rep goal says "2/fail," then you are to stop the set when you think you've got about 2 reps left in the tank. This system is designed to execute the function of progressive overload to give you maximum results, and it will work well, but only if you're honest with yourself! If you push all the work sets to failure in the first weeks, you're going to overreach and hit the proverbial wall long before the cycle is over, which will yield subpar results. If you take it too easy, then your workouts be insufficiently challenging, and will again fail to yield your optimal results.

Note: If you have to break your technique to get more reps, YOU'VE ALREADY FAILED! When we write "2/fail," we ALWAYS mean "2 reps away from failure WITH GOOD TECHNIQUE." Never let your technique slide for more reps. (Sorry for yelling, but we feel strongly about this, particularly because good technique protects from injury during your training!)

Lastly, if you're unsure about the from-fail system and second-guessing your personal "to failure" guesstimates, don't be frustrated, and just make your best guess, knowing that great results will come even if your "to failure" guesses aren't ideal for some exercises. Remember that you're never going to be training to actual failure in any week of this program.

After each workout, write down the reps you actually got in the "rep results" column. When you reuse the plan later, you can check to see how your strength has increased. You can also use the reps you wrote down to tell you how to update your 10 Reps estimates for that exercise for next time. You'll have to do this when you switch from the First Time Program to the Long Term Program, and for every reuse cycle of the Long Term Program, because you'll get steadily stronger as you train with it. If you're using a certain weight for around 10 reps at on your first set of an exercise in the last week before deload week, then that's a good new 10 Reps value to enter for step "3" on your next go-around of the Long Term Program. If it's way more than 10 reps, next time, you'll want to use more weight. If it's way less, next time, you'll want to try less weight. Just get as good an estimate as you can. There's no need for perfection, and quite a range within which you'll be able to obtain measurable results.

Step 6: Deloading.

Ah, victory is yours: you made it through 4 tough weeks of training! Great news for you (and your muscles): the final week (5) of the plan is a deload. The purpose of this week is to preserve your muscle gains while decreasing fatigue and refreshing you for your next productive training cycle (following recovery from this one). You'll notice that the week's rep goal is usually to do "1/2 reps of week 1," which is exactly what we recommend you do! If the reps of week 1 are odd numbers, just err on the side of lower. So, if you did 7,5,4 reps on week 1, you'd do 3,2,2 reps on deload week (using "3" and "2" as your "deflated halves" of 7 and 5, respectively).

Not only are the reps lower, but the weights will be lower too, especially in the second half of the deload week. This is to promote recovery and maintain muscle, and is entirely planned: don't worry that your template is incorrect because the weights are so puny! Importantly: We strongly advise that you do not skip deload week or use higher than recommended weights or reps during it, as these decisions will impede your medium and long term training, robbing you of reaching your training potential over time.

Final Step: Repeating the program or moving on?

Once you've finished the deload week of the First Time Program, you can begin the first week of the Long Term Program.

After your completion of the Long Term Program, you can repeat it as many times as you like by starting with a fresh sheet, choosing heavier weights and/or new exercises, and training hard! If at any point in this process you'd like to advance your training to our original training templates, check them out on our site to see if they might be "what's next" for you! Best of luck - and results - to you!

Male Physique Templates

Female Physique Templates