

# How to Build Your Own Workout Plan (With Templates!)

*A beginner-friendly guide from Tully Trains*

# What Makes a Good Workout Plan?

## Frequency

2-4x/week is ideal for most people.

## Split Type

Choose between Full Body, Upper/Lower, or Push/Pull/Legs.

## Key Movement Patterns to Include:

- Lower Body Push (e.g., squats)
- Lower Body Pull (e.g., RDLs)
- Upper Push (e.g., bench press)
- Upper Pull (e.g., rows, pull-ups)
- Core/Carry (e.g., planks, farmer's carries)

## Progression Tip

Use Progressive Overload: add reps, sets, or weight over time.

# Plug and Play Template

Day: \_\_\_\_\_

1. Lower Body Push: \_\_\_\_\_

2. Lower Body Pull: \_\_\_\_\_

3. Upper Push: \_\_\_\_\_

4. Upper Pull: \_\_\_\_\_

5. Core/Carry or Accessory: \_\_\_\_\_

Recommended Sets x Reps: 3-4 sets of 6-12 reps

## **Want Help Customizing Your Plan?**

Need help choosing the right exercises for your body and goals?

Want a professional to review your plan or build one for you?

Book your free session at [tullytrains.com](https://tullytrains.com)

First session includes a free Tully Trains tee!

Follow @TullyTrains on Instagram for weekly training tips and more.