



# Pre-exhaustion Workout

Client:  Start Date:

**Goal:** Improve muscular size, strength and training efficiency

**Duration:** ~35 minutes

**Frequency:** 2 sessions per week (e.g. Tuesday & Friday)

**Tempo:** 2 seconds eccentric / 1 second concentric

**Rest:** No rest after pre-exhaustion exercise / 2 min between circuits / 2 min between pairs

**Effort (RIR):** Train to momentary muscular failure in each set

**Progression:** Increase load by 2–5% once 12 reps are achieved in all sets.  
Keep effort close to failure (RPE 9–10) while maintaining form.  
Reduce compound loads by around 30% compared to traditional order to manage fatigue.  
Expect higher RPEs than usual; encourage clients to track recovery and energy.

**Start Date:**

**Date:**

[illegible]



# Upper Body Pre-exhaustion Workout

Client:

Start Date:

Warm-up	5 min Cycle/Treadmill
Mobility	10 Reps R/10 Reps L: Arm Circles/Chest Openers/Lat Reach
Primer	15 Reps Each Main Lift at ~50% Load

Date:

Muscle Pair	Exercise	Reps	RIR	Tempo	Rest	Sets	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
A1 Chest Pair	Dumbbell Fly	8 - 12	0	2-0-1-0	0	4										
	Barbell Bench Press	8 - 12	0	2-0-1-0	2 Min	4										
						2 Min										
A2 Hamstring Pair	Straight Arm Pulldown (Cable)	8 - 12	0	2-0-1-0	0	4										
	Lat Pulldown or Chin Up	8 - 12	0	2-0-1-0	2 Min	4										
						2 Min										
A3 Shoulder Pair	Lateral Raise	8 - 12	0	2-0-1-0	0	4										
	Seated Dumbbell Shoulder Press	8 - 12	0	2-0-1-0	2 Min	4										
						2 Min										
A4 Tricep Pair	Cable Tricep Pushdown	8 - 12	0	2-0-1-0	0	4										
	Close Grip Bench Press	8 - 12	0	2-0-1-0	2 Min	4										

Cool-down	5 min Cycle/Treadmill
Mobility	Dynamic Stretch: Chest Openers/Side Reach/Arm Circles
Flexibility	Static Stretch 15-30 sec hold: Chest Stretch/Deltoid Stretch/Lat Stretch/Tricep Stretch