

## Workout Creation

### Workout Templates

Choose a program using [Weight Training Workout Template](#).  
Beginner, resuming from layoff, or little time to exercise  
    Choose a [Full Body Workout](#) or a [2 Day Split Workout](#)  
Intermediate or off-season advanced  
    Choose a [2 Day Split Workout](#) or a [3 Day Split Workout](#)  
Advanced or competitive  
    Choose a [3 Day Split Workout](#) or a [4 Day Split Workout](#)  
Sports Conditioning  
    Implement [periodization](#) and [Olympic-style weightlifts](#)  
    with proper coaching  
    See sample [Full Body Light/Heavy Program](#) for athlete  
    Also see a [Smattering of Training Programs](#)

#### Program Selection

Choose one template from the options listed.  
Consider changing this program occasionally for variety in a month or two.  
You may find a favorite and change only occasionally thereafter.  
Certain programs may allow you to concentrate on particular muscle groups more than other programs.

### Exercises

Click on muscle group within workout templates above  
Regular muscle: pick one exercise for this muscle  
    In general, pick a [basic exercise](#)  
*Italic muscle* exercise is optional  
    The optional exercises may be for a miscellaneous muscle group or may be a second exercise for a muscle group previously exercised directly or indirectly in the same program  
    If it is a second exercise, choose an [auxiliary exercise](#)  
    If it is a for a miscellaneous muscle group, choose a [basic exercise](#) if available  
Pick optional exercise only if muscle is under par in comparison to the development, strength, or endurance of other muscle groups.

See [low volume training](#)

In the case of a miscellaneous muscle group, the optional muscle group in question may be already exercised indirectly from another exercise elsewhere in the program.

See muscle analysis under each exercise

Choose just one exercise for lower back to avoid [over-use injury](#)

See [lower back](#) for selecting complimentary exercises

If desired: add any miscellaneous body parts that are not listed

Example: neck, forearms, etc.

Choose sparingly. See [low volume training](#)

Choose [workout log option](#)