Weekly gym workout plan · example

4-day upper/lower split. RIR = reps in reserve at the end of the set (0 = failure). Change exercises and loads to suit your level.

Day	Exercise	Sets	Reps	RIR	Rest	Notes
Monday · Upper A	Bench press	4	6-8	2	150 s	
Monday · Upper A	Barbell row	4	8-10	2	120 s	
Monday · Upper A	Overhead press	3	8-10	2	120 s	
Monday · Upper A	Lat pulldown	3	10-12	1	90 s	
Tuesday · Lower A	Back squat	4	6-8	2	180 s	
Tuesday · Lower A	Romanian deadlift	3	8-10	2	150 s	
Tuesday · Lower A	Leg press	3	10-12	1	120 s	
Tuesday · Lower A	Leg curl	3	10-12	1	90 s	
Thursday · Upper B	Incline dumbbell press	4	8-10	2	120 s	
Thursday · Upper B	Pull-up	4	6-8	2	120 s	
Thursday · Upper B	Lateral raise	3	12-15	1	60 s	
Thursday · Upper B	Biceps curl	3	10-12	1	60 s	
Friday · Lower B	Deadlift	3	5-6	2	180 s	
Friday · Lower B	Walking lunge	3	10-12	1	90 s	
Friday · Lower B	Hip thrust	3	8-10	1	120 s	
Friday · Lower B	Standing calf raise	4	12-15	1	60 s	

Excel version with a set log, volume and automatic estimated 1RM: metodo-x.com/en/tools/gym-workout-plan-template

My weekly program

Fill it in by hand: one exercise per row.

Day	Exercise	Sets	Reps	RIR	Rest	Notes

Set log

For each set, write the load, reps and RIR. Example: 70 × 8 · RIR 2.

Date	Exercise	Set 1 (load × reps · RIR)	Set 2	Set 3	Set 4	Notes