

TRAINING LOG · 4-WEEK BLOCK

# Upper / Lower

4 days · 4 weeks · Strength + hypertrophy

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Four sheets, one per session, with all four weeks of the block on the same line. You log weight, reps and RIR for every set, and watch each lift move week by week without shuffling papers.

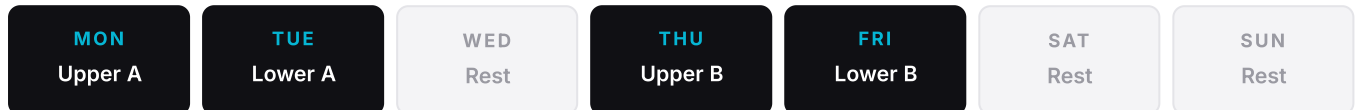
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| LEVEL                        | FREQUENCY        | SESSION     | EQUIPMENT |
|------------------------------|------------------|-------------|-----------|
| Late beginner – Intermediate | 4 days × 4 weeks | 55 – 65 min | Full gym  |

Based on the Scientific Upper/Lower pack inside Mindsetic

Three rules. That's it. Follow them for eight weeks and you'll out-progress most people in your gym.

## 1 · The week



The exact days are flexible. What isn't: keep the A → A → B → B order and leave at least one day between sessions hitting the same half of the body.

## 2 · RIR — reps in reserve

After every set, write down how many more reps you could have done with clean form. It's the only reliable signal for deciding whether the weight is right.

|                               |                                |                                     |                               |
|-------------------------------|--------------------------------|-------------------------------------|-------------------------------|
| <b>Failure</b><br>0 reps left | <b>1 - 2</b><br>near the limit | <b>3 - 4</b><br>hard but controlled | <b>Easy</b><br>5 or more left |
|-------------------------------|--------------------------------|-------------------------------------|-------------------------------|

Without RIR, adding weight is guessing. With RIR, it's arithmetic.

## 3 · Double progression

Every lift has a rep range, say 8-10. You work inside the range until you've exhausted it, and only then do you add weight.

1. Start at the bottom of the range (8 reps).
2. Keep the same weight session after session, adding reps.
3. Once you hit the top of the range (10 reps) on every set at RIR 0 to 2, add weight.
4. With the new weight you drop back to the bottom of the range and repeat.

### HOW MUCH TO ADD

|                 |                               |
|-----------------|-------------------------------|
| Barbell         | <b>5 lb / 2.5 kg</b>          |
| Dumbbells       | <b>5 lb / 2 kg (per hand)</b> |
| Machine / cable | <b>1 plate</b>                |

## 4 · Rest between sets

|                          |                                     |                |
|--------------------------|-------------------------------------|----------------|
| <b>Heavy compounds</b>   | bench, squat, deadlift, row         | <b>2-3 min</b> |
| <b>Lighter compounds</b> | overhead press, pulldown, leg press | <b>2 min</b>   |
| <b>Isolation</b>         | curls, extensions, calves           | <b>60-90 s</b> |

Cutting rest short doesn't make you stronger, it makes you lift less. The rest column is there for a reason.

Two things before your first set: what weight you start with, and how you warm up.  
Skip them and the rest of the program is resting on nothing.

### Picking your starting weight

Nobody knows what to put on the bar on day one, and that's fine. Session 1 isn't for setting records — it's for finding your weights.

1. Start with a weight you think you could move for about 10 reps with clean form.
2. Do only the reps at the bottom of the range and stop there, even if you have more in you. Log your RIR.
3. Adjust the next set using the table and repeat until your RIR lands on 1 - 2. That's your starting weight — the one you write in the week 1 column.

| THE RIR YOU LOGGED                       | WHAT YOU DO ON THE NEXT SET                |
|------------------------------------------|--------------------------------------------|
| Easy — 5 or more left                    | <b>Add 10-15 %</b>                         |
| 3-4 left                                 | <b>Add 5 %</b>                             |
| 1-2 left                                 | <b>That's your weight. Leave it alone.</b> |
| You failed below the bottom of the range | <b>Drop 10 %</b>                           |

This is exactly what the app works out on its own, set by set. On paper it's on you.

### Warm-up

Five minutes of easy bike, treadmill or rower — just enough to raise your temperature. Then ramp-up sets, on the first heavy lift of the session only:

| RAMP-UP SET | WEIGHT                      | REPS |
|-------------|-----------------------------|------|
| 1           | 50 % of your working weight | 8    |
| 2           | 70 %                        | 5    |
| 3           | 85 %                        | 3    |

Ramp-up sets don't get logged: only working sets go on the sheet. For isolation work, one light set of 12-15 reps before you start is enough.

No printer? Pages 01 to 03 and page 08 read perfectly on a phone — that's the whole program, the calibration and the decision table. To log your sets there's the fillable version of this PDF, or the app itself, which is where this stops being your job.

#### BEFORE YOU LOAD THE BAR

This material is informational and does not replace assessment by a health professional. If you've never squatted, deadlifted or benched, learn the movement with light weight — or with help — before chasing 4-6 rep ranges. Stop any set where your form breaks down.

| WEEK 1                 |        |      |     | WEEK 2     |      |     | WEEK 3     |      |     | WEEK 4               |      |     |
|------------------------|--------|------|-----|------------|------|-----|------------|------|-----|----------------------|------|-----|
| DATE _____             |        |      |     | DATE _____ |      |     | DATE _____ |      |     | DATE _____           |      |     |
| SET                    | WEIGHT | REPS | RIR | WEIGHT     | REPS | RIR | WEIGHT     | REPS | RIR | WEIGHT               | REPS | RIR |
| Bench Press            |        |      |     |            |      |     |            |      |     | 4 × 4-6 Rest 3 min   |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 4                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| Barbell Row            |        |      |     |            |      |     |            |      |     | 4 × 4-6 Rest 3 min   |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 4                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| Overhead Press         |        |      |     |            |      |     |            |      |     | 3 × 6-8 Rest 2-3 min |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| Wide-Grip Lat Pulldown |        |      |     |            |      |     |            |      |     | 3 × 8-10 Rest 2 min  |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| Barbell Curl           |        |      |     |            |      |     |            |      |     | 3 × 8-10 Rest 90 s   |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| Rope Tricep Pushdown   |        |      |     |            |      |     |            |      |     | 3 × 8-10 Rest 90 s   |      |     |
| 1                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 2                      |        |      |     |            |      |     |            |      |     |                      |      |     |
| 3                      |        |      |     |            |      |     |            |      |     |                      |      |     |

NOTES \_\_\_\_\_ RIR: 0 · 1-2 · 3-4 · Easy

| WEEK 1                     |        |      |     | WEEK 2     |      |     |  | WEEK 3     |      |     |  | WEEK 4                      |      |     |  |
|----------------------------|--------|------|-----|------------|------|-----|--|------------|------|-----|--|-----------------------------|------|-----|--|
| DATE _____                 |        |      |     | DATE _____ |      |     |  | DATE _____ |      |     |  | DATE _____                  |      |     |  |
| SET                        | WEIGHT | REPS | RIR | WEIGHT     | REPS | RIR |  | WEIGHT     | REPS | RIR |  | WEIGHT                      | REPS | RIR |  |
| <b>Squat</b>               |        |      |     |            |      |     |  |            |      |     |  | <b>4 × 4-6</b> Rest 3 min   |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 4                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| <b>Romanian Deadlift</b>   |        |      |     |            |      |     |  |            |      |     |  | <b>3 × 6-8</b> Rest 3 min   |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| <b>Leg Press</b>           |        |      |     |            |      |     |  |            |      |     |  | <b>3 × 10-12</b> Rest 2 min |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| <b>Lying Leg Curl</b>      |        |      |     |            |      |     |  |            |      |     |  | <b>3 × 10-12</b> Rest 90 s  |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| <b>Walking Lunges</b>      |        |      |     |            |      |     |  |            |      |     |  | <b>3 × 10-12</b> Rest 90 s  |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| <b>Standing Calf Raise</b> |        |      |     |            |      |     |  |            |      |     |  | <b>4 × 15-20</b> Rest 60 s  |      |     |  |
| 1                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 2                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 3                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |
| 4                          |        |      |     |            |      |     |  |            |      |     |  |                             |      |     |  |

NOTES \_\_\_\_\_ RIR: 0 · 1-2 · 3-4 · Easy

| WEEK 1                       |        |      |     | WEEK 2     |      |     |  | WEEK 3     |      |     |  | WEEK 4                |      |     |  |
|------------------------------|--------|------|-----|------------|------|-----|--|------------|------|-----|--|-----------------------|------|-----|--|
| DATE _____                   |        |      |     | DATE _____ |      |     |  | DATE _____ |      |     |  | DATE _____            |      |     |  |
| SET                          | WEIGHT | REPS | RIR | WEIGHT     | REPS | RIR |  | WEIGHT     | REPS | RIR |  | WEIGHT                | REPS | RIR |  |
| Incline Dumbbell Press       |        |      |     |            |      |     |  |            |      |     |  | 4 × 8-12 Rest 2-3 min |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 4                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Pull-Ups                     |        |      |     |            |      |     |  |            |      |     |  | 4 × 6-10 Rest 2-3 min |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 4                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Dumbbell Shoulder Press      |        |      |     |            |      |     |  |            |      |     |  | 3 × 10-12 Rest 2 min  |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Seated Cable Row, Close Grip |        |      |     |            |      |     |  |            |      |     |  | 3 × 10-12 Rest 2 min  |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| EZ Bar Curl                  |        |      |     |            |      |     |  |            |      |     |  | 3 × 10-12 Rest 90 s   |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Skull Crushers               |        |      |     |            |      |     |  |            |      |     |  | 3 × 10-12 Rest 90 s   |      |     |  |
| 1                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                            |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |

NOTES \_\_\_\_\_ RIR: 0 · 1-2 · 3-4 · Easy

| WEEK 1              |        |      |     | WEEK 2     |      |     |  | WEEK 3     |      |     |  | WEEK 4                |      |     |  |
|---------------------|--------|------|-----|------------|------|-----|--|------------|------|-----|--|-----------------------|------|-----|--|
| DATE _____          |        |      |     | DATE _____ |      |     |  | DATE _____ |      |     |  | DATE _____            |      |     |  |
| SET                 | WEIGHT | REPS | RIR | WEIGHT     | REPS | RIR |  | WEIGHT     | REPS | RIR |  | WEIGHT                | REPS | RIR |  |
| Deadlift            |        |      |     |            |      |     |  |            |      |     |  | 4 × 4-6 Rest 3 min    |      |     |  |
| 1                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 4                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Hack Squat          |        |      |     |            |      |     |  |            |      |     |  | 3 × 8-10 Rest 2-3 min |      |     |  |
| 1                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Leg Extension       |        |      |     |            |      |     |  |            |      |     |  | 3 × 12-15 Rest 90 s   |      |     |  |
| 1                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Seated Leg Curl     |        |      |     |            |      |     |  |            |      |     |  | 3 × 10-12 Rest 90 s   |      |     |  |
| 1                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| Standing Calf Raise |        |      |     |            |      |     |  |            |      |     |  | 4 × 15-20 Rest 60 s   |      |     |  |
| 1                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 2                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 3                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |
| 4                   |        |      |     |            |      |     |  |            |      |     |  |                       |      |     |  |

NOTES \_\_\_\_\_ RIR: 0 · 1-2 · 3-4 · Easy

At the end of each of the four weeks, run down the column you just filled lift by lift and decide what weight goes in the next one.

## WHAT HAPPENED THIS WEEK

## WHAT YOU DO NEXT WEEK

You hit the top of the range on every set, at RIR 0-2

**Add weight and drop back to the bottom of the range**

You hit the top of the range on some sets only

**Repeat the same weight and close out the remaining sets**

You logged "Easy" on most sets

**Add weight now — you were too light to stimulate anything**

You failed below the bottom of the range

**Drop 5-10 % and rebuild from there**

Two weeks in a row with no added reps or weight

**Deload week: same weight, half the sets**

Once you've filled the week 4 column the block is done. Reprint pages 04 to 07 and start a new one from the weights you finished on.

### Block notes

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#### THE UNCOMFORTABLE PART

That's 22 exercises a week, each with its own weight, range, sets and RIR. Multiply it by four sessions and it's close to a hundred decisions a week; across the whole block, around four hundred. All of them yours, on paper. Week one is easy. Week four already drags, and week eight is where almost everyone quits — which is exactly where the progress was.

WHAT IF YOU DIDN'T HAVE TO WORK ANY OF IT OUT?

# All of this, inside an app that progresses for you and saves every single log

## Automatic progression

You walk into the gym and your weight and reps for every set are already calculated from what you lifted last week.

## In-session adjustment

You log your RIR and the app recalculates the next set instantly. Strong day, it goes up. Rough day, it backs off.

## Automatic deloads

It spots when you've stalled and schedules the deload week on its own, before you dig yourself into a hole.

## Your history, kept

Every set is stored. PRs, volume per muscle and a heat map that shows you what you've been neglecting.



SCAN TO DOWNLOAD

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