

ACE Workout Builder

Focus: Full-body Workout (Body Area/Muscle Group or Function)

Client name: _____ Date: _____ Age: _____

Goals: _____

Experience level: _____

Intensity: _____ Repetitions: _____ Sets: _____ Tempo: _____ Rest: _____

Equipment availability: _____

Workouts/week: _____

Notes:

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Body Area/Muscle Group

Exercise list:

Upper Body				Torso	Lower Body	
Chest	Back	Shoulders	Arms	Torso	Hips	Legs

FULL-BODY WORKOUT (2-3 DAYS/WEEK)

Pick at least 1 exercise from each column and alternate between upper- and lower-body exercises. For the sake of variety, you may opt to create two different workouts that target different muscles in each body area (e.g., biceps/triceps and quadriceps/hamstrings).

Chest	Hips	Back	Legs	Shoulders	Torso	Arms

Chest	Hips	Back	Legs	Shoulders	Torso	Arms

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Function

Exercise list:

Pushing	Pulling	Bend-and-Lift	Single-leg	Rotation

FULL-BODY WORKOUT (2-3 DAYS/WEEK)

Pick at least 1 exercise from each column and alternate between upper- and lower-body exercises. For the sake of variety, you may opt to create two different workouts that target each function in different ways (e.g., chest press and overhead press).

Pushing	Bend-and-Lift	Pulling	Single-leg	Rotation

Pushing	Bend-and-Lift	Pulling	Single-leg	Rotation