


Renaissance periodization female physique template

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Next

Week 1					Week 2					Week 3 (Deload)				
Exercise	Set	Weight	Reps	Rest	Exercise	Set	Weight	Reps	Rest	Exercise	Set	Weight	Reps	Rest
Day 1					Day 1					Day 1				
	1	0	0	0:00		1	0	0	0:00		1	0	0	0:00
	2	0	0	0:00		2	0	0	0:00		2	0	0	0:00
	3	0	0	0:00		3	0	0	0:00		3	0	0	0:00
	4	0	0	0:00		4	0	0	0:00		4	0	0	0:00
	5	0	0	0:00		5	0	0	0:00		5	0	0	0:00
	6	0	0	0:00		6	0	0	0:00		6	0	0	0:00
	7	0	0	0:00		7	0	0	0:00		7	0	0	0:00
	8	0	0	0:00		8	0	0	0:00		8	0	0	0:00
Day 2					Day 2					Day 2				
	1	0	0	0:00		1	0	0	0:00		1	0	0	0:00
	2	0	0	0:00		2	0	0	0:00		2	0	0	0:00
	3	0	0	0:00		3	0	0	0:00		3	0	0	0:00
	4	0	0	0:00		4	0	0	0:00		4	0	0	0:00
	5	0	0	0:00		5	0	0	0:00		5	0	0	0:00
	6	0	0	0:00		6	0	0	0:00		6	0	0	0:00
	7	0	0	0:00		7	0	0	0:00		7	0	0	0:00
	8	0	0	0:00		8	0	0	0:00		8	0	0	0:00

		MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	TOTAL
		Pre-Train	Mid-Train	Post Train				
F Training Day	Protein	38	38	38	38	38		
	Carbs	36	95	24	42	42		
	Fat	5	0	5	21	21		
		MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	TOTAL
		Pre-Train	Mid-Train	Post Train				
ATE Training Day	Protein	38	38	38	38	38		
	Carbs	54	143	36	63	63		
	Fat	3	0	3	14	14		
		MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5		TOTAL
ay - No Training	Protein	38	38	38	38	38		
	Carbs	48	48	48	48	48		
	Fat	11	11	11	11	11		

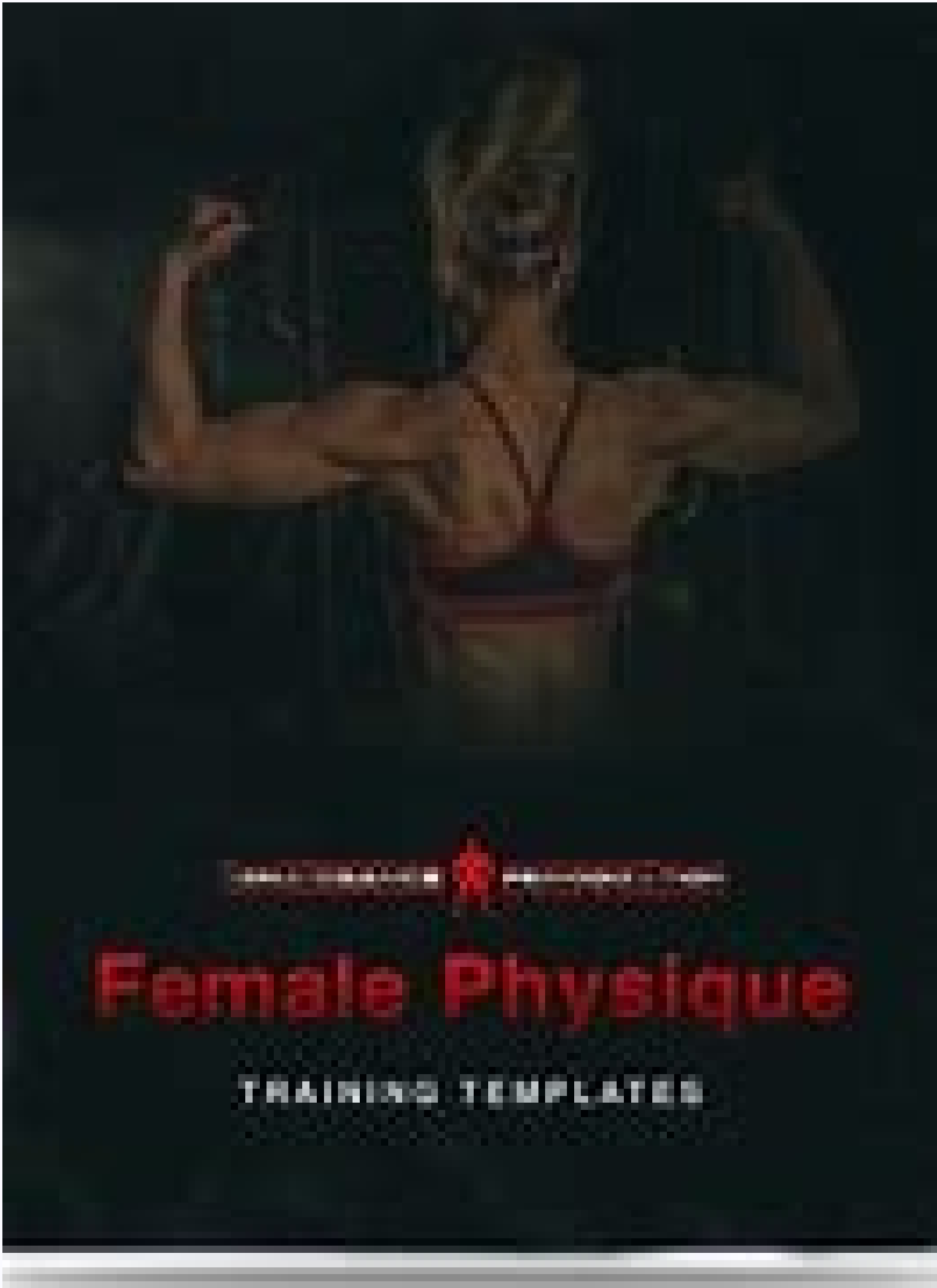


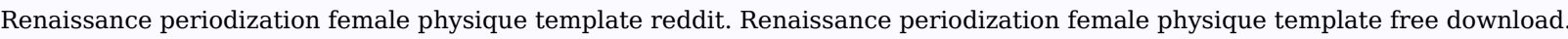
How to Use RP Diet Templates

When you receive your personal diet template, it will be accompanied by some auxiliary materials to help you on your way. The diet doc. templates diets for each of the main classes of training volume:

- Non-Weight Training Days
- Light Days
- Moderate Days
- Hard Days

These different day types are distinguished by the different amounts of carbs listed in their "Healthy Carbs" columns. The following are general recommendations for how to go about your diet.





an answer Your email address will not be published. The mandatory fields are marked * comment name * email **

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