



TORSO / LIMB SPLIT

SAMPLE WORKOUT FOR ARM FOCUS



TORSO/LIMB EXPLAINED

Most people don't have a programming problem—they have a stimulus and recovery problem. They're training hard, but their split doesn't let them place quality work where it matters most. Arms get pushed to the end of upper days when they're already fatigued, legs either dominate recovery or get neglected, and progress stalls—not from lack of effort, but from poor organization of volume.

A training split is simply a tool to organize volume so you can create a high-quality stimulus and recover from it repeatedly. There is no "best" split—only what fits your current needs. Upper/lower, push-pull-legs, and other setups all work, but they come with trade-offs in fatigue and muscle prioritization.

The torso-limb split is a solution for lifters who need more upper body development—especially arms—without sacrificing overall structure. Instead of grouping everything into an upper day, you separate into torso days (chest, back, delts) and limb days (arms and legs). This allows you to train arms fresh at the start of sessions, rather than as an afterthought.

On torso days, you still accumulate indirect arm work through pressing and pulling. Then on limb days, you layer in direct arm work first, followed by leg training at a manageable volume. This increases arm frequency—often allowing meaningful stimulus 4 times per week—while still supporting leg development.

This is essentially an evolution of upper/lower for those who need more upper body priority or find traditional upper days too fatiguing. If legs are less of a priority, limb days can shift toward more arm focus. If legs need growth, volume can be scaled up. The structure stays flexible while keeping the priority clear.

If you're training consistently but not progressing where you want, the issue likely isn't effort—it's how your training is organized. The torso-limb split gives you a framework to better distribute fatigue, prioritize lagging areas, and create repeatable sessions that actually drive progress.



TORSO WORKOUT EXAMPLE

TORSO SESSION					
Set Volume per Muscle: , Chest 6, Lats 6, Traps 3, Side Delt 4, Rear Delt 3					
Muscle trained	Order	Exercise	Sets	Reps	Alternative Lift/Notes
CHEST	A1	Pec Dec Fly	3	6-10 reps	Cable crossover w/ back support
CHEST	B1	Flat Smith Machine Press	3	8-10 reps	DB Press or alternative machine
S. DELT	C1	Machine Lateral Raise	4	8-12 reps	DB or Cables
LAT	D1	Lat Bias Pulldown	3	8-12 rep	Cable w/ Incline Bench, Nautilus or Hammer Strength machine
MIDBACK	E1	Upper Back Bias Row	3	6-10 rep	Overhand Prime Extreme Row, DB Bench Row, T bar Row
LAT	F1	Lat Bias Row	3	12-20 reps	Single arm cable row, Prime or Hammer strength row, SA landmine row
REAR DELT	G1	Rear Pec Deck	3	8-12 rep	machine or cable

*It's important to remember that all sets listed are work sets, meaning they should be performed close to failure while maintaining proper form. **We also recommend rest periods of 2 to 3 minutes between sets.** Feel free to take as many warm-up sets as needed, but follow a reverse pyramid progression: increase the weight and decrease the reps as you approach your work sets.*



LIMB WORKOUT EXAMPLE

LIMB SESSION					
Set Volume per Muscle: Bicep 6, Tricep 6, Hamstring 3, Quads 3, Calves 4					
Muscle trained	Order	Exercise	Sets	Reps	Alternative Lift/Notes
TRICEP	A1	Tricep Extension	3	6-10 reps	SA rope or Bilateral or attachment of choice
BICEP	A2	DB Preacher Curl	3	8-12 reps	DB or Machine
TRICEP	B1	Single Arm Overhead Ext	3	6-10 reps	Cable or DB
BICEP	B2	DB Hammer Curl	3	8-12 rep	DB or Cable
HAMSTRING	C1	Seated Ham Curl	3	8-12 rep	lying ham curl
QUAD	D1	Pendulum Squat	3	8-12 reps	Hack squat, heel elevated smith squat
ADDUCTOR	E1	Adductor machine	3	10-15 reps	Machine

*It's important to remember that all sets listed are work sets, meaning they should be performed close to failure while maintaining proper form. **We also recommend rest periods of 2 to 3 minutes between sets.** Feel free to take as many warm-up sets as needed, but follow a reverse pyramid progression: increase the weight and decrease the reps as you approach your work sets.*



Unlocking Your Full Potential

Achieving your peak physique isn't about chasing trends or relying on generic programs. It's about applying the right strategy at the right time—customized to your goals, phase of training, and lifestyle. J3U Level 1 teaches advanced, evidence-based training and nutrition systems so you can fine-tune macro distribution, manage training volume intelligently, and prioritize the right variables for growth. You'll learn how to structure productive mass phases, optimize the offseason without excessive fat gain, and use smart recovery strategies that keep performance high and progress rolling.

Level 1 also walks you through every phase of the contest journey: how to set up a prep with intention, navigate pre-contest training and nutrition, execute peak week without extreme water cuts or guessing, and hit the stage full, hard, and confident. And when the show's over, you'll know exactly how to transition post-show—reversing out of the deficit and avoiding the physical and emotional rebound that derails most competitors. No more guessing. No wasted seasons. Just proven protocols that show you how to grow, cut, peak, and recover like a professional.



Ready To Go Beyond Old-School Pitfalls and Truly Reach Your Full Potential?

Join J3U Level 1 today and take your first step toward a smarter, more effective journey—one designed to bring out your best on stage, in the offseason, and beyond.

J3U LEVEL 1

[CLICK HERE TO LEARN MORE](#)

The background of the page is a photograph of two men, likely educators, smiling and standing with their arms crossed. They are wearing dark polo shirts with the JBU logo on the chest. The image is overlaid with a semi-transparent red filter. The text 'MEET YOUR EDUCATORS' is centered over the image in a large, white, bold, sans-serif font.

MEET YOUR EDUCATORS

Meet Your Educators

John H Jewett III *MS, RD, IFBB Pro*

Founder of J3 University and J3U Coaching | 3x IFBB Pro Champion | 4x IFBB Olympian | Elite Coach

John Jewett is a registered dietitian, IFBB Pro bodybuilder, and a recognized leader in physique education and coaching. With over 15 years of experience, he has built a reputation as a trusted educator and coach in bodybuilding and fitness.

As the founder of J3 University, John has educated over 4,000 students through his science-based, in-depth curriculum designed to empower athletes and coaches at all levels. His expertise covers training, nutrition, and supplementation, with a focus on sustainable, evidence-based strategies for achieving competitive success.

A 3-time IFBB Pro Champion and 4-time Olympian, John combines elite athletic experience with academic credentials, holding a Master's in Nutrition and Dietetics. His extensive coaching work ranges from guiding amateurs to mentoring IFBB Pro Olympians, solidifying his legacy as a premier resource for those striving to maximize their physique and performance.



Meet Your Educators



Luke Miller **MS, CSCS**

Founder of No Switch Fitness and J3U Coaching | J3 University Head Educator | Elite Coach | CSCS, PSL2

Luke Miller is a respected coach, educator, and competitive bodybuilder with a reputation for driving results through a science-based and relentless approach to fitness. As the founder of No Switch Fitness, Luke has helped numerous athletes earn professional status and achieve overall wins across the globe, emphasizing a "No Off Switch" mentality for sustained progress. He is also the founder and head coach of J3U Coaching, a team of elite coaches dedicated to transforming athletes' physiques through evidence-based methodologies.

In his role as Head Educator at J3 University, Luke has developed groundbreaking courses such as Level 1, Applied Hypertrophy Optimization Module and the Female Module, aimed at advancing the knowledge and practices of coaches in the

physique development space. His dedication to education extends globally, conducting in-person seminars and delivering physiology-driven training to elevate the fitness industry.

Luke holds a Master of Science (MS) in Exercise Science from the University of South Florida, is a Certified Strength and Conditioning Specialist (CSCS), and is Prescript Level 2 (PSL2) certified. With numerous professional athletes in his coaching roster and a competitive bodybuilding career with seven NPC contests under his belt, Luke bridges the gap between academic expertise and real-world application, providing a comprehensive approach to athlete development and education.