



THE J3U TRAINING SPLIT GUIDE

MATCH YOUR SPLIT TO YOUR PHYSIQUE AND YOUR RECOVERY.



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Step 1: Assess Recovery

Reduced Recovery (poor sleep, high stress, soreness lingers, stalled performance)

☛ Run a 2-on, 1-off rotation.

Good Recovery (7-9 hrs sleep, calorie surplus, steady performance)

☛ Run a 3-on, 1-off rotation.

Step 2: Identify Your Weak Points

Use this quick audit. Rank each body part from 1-5 (1 = needs most work, 5 = strength).

- Quads
- Hamstrings/Glutes
- Chest
- Back Width / Back Thickness
- Shoulders
- Arms

☛ Circle your top 2 priorities. These will guide your split.

Step 3: Base Split for Overall Size

If you're balanced with no clear weak point:

3 on 1 off:

Push → Pull → Legs → Off → Push → Pull → Legs → Off

2 on 1 off:

Push → Pull → Off → Legs → Push → Off → Pull → Legs → Off

That gives each major area a stimulus every 3-4 days or every 4-5 days.



Step 4: Prioritize Weak Points

Pick your #1 weak point → match it to the split below.

Guide: Train that body part first - program it 3 day across your split

Chest Priority

Chest-Focused Push → Pull → Legs → Chest-Focused Push 2 → Pull → Chest isolation and Hamstrings

Delts Priority

Shoulder-Focused Push → Pull → Shoulders+Legs → Shoulder-Focused Push 2 → Pull → Shoulders and Hamstrings

Back Priority

Pull → Chest-Focused Push → Legs, Pull Day 2 → Shoulder-Focused Push → Upper Back & Hamstrings

Arms Priority

Shoulders+Arms → Pull (back only) → Arms+Legs → Chest-Focused Push → Back & Hamstrings → Arms

Quads Priority

Mixed Leg Day (Quad Bias) → Chest-Focused Push → Pull → Quad-Focused Legs → Shoulder-Focused Push → Pull (with quad work)

Hamstrings Priority

Mixed Leg Day (Hamstring Bias) → Chest-Focused Push → Pull → Off → Hamstring-Focused Legs → Push → Pull + Hamstring Isolation



Step 5: Volume start point or base off your current volume level

Weak part: 6–8 sets per session

Strong part: 3–5 sets per session

Example:

Chest Priority:

Chest-Focused Push (8 sets chest, 5 sets delt and tricep)

Pull (5 sets lats, traps, rear delts, bicep)

Legs (5 sets quad, hamstrings, calves)

Chest-Focused Push 2 (8 sets chest, 5 sets delt and tricep)

Pull (Pull (5 sets lats, traps, rear delts, bicep)

Chest isolation and Hamstrings (6 sets chest, 5 sets hams, 5 sets calves)

Adjust volume based on our YT video “**How to Train a Weak Body Part Twice a Week (Without Overtraining It)**”

Step 6: Rotate Priorities Over Time

- Run each specialization split for 10–12 weeks.
- Then rotate to your next-priority weak point.
- Over a year, you’ll have 2–3 focused blocks → balanced growth.



J3U Principle

The best split isn't the one with the most volume.
It's the one that:

1. Fits your recovery
 2. Biases your weak points
 3. Is repeatable for 10–12 weeks of progression
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Quick Reference Flowchart

1. Recovery low → 2-on/1-off
2. Recovery high → 3-on/1-off
3. Pick weak point → choose split
4. Run 10–12 weeks → rotate next priority