

Strength Training Cheat Sheet

Rep ranges, 4 equipment lanes, and a complete weekly template.

Rep Ranges by Goal

Goal	Reps	Sets	Rest	% 1RM (if known)
Max strength	1–5	3–5	3–5 min	85–95%
Hypertrophy	6–12	3–4	60–120 s	65–80%
Muscular endurance	12–20+	2–4	30–60 s	50–65%
Power / speed	1–5 (fast)	3–6	2–3 min	50–70%

Train With Anything — 4 Equipment Lanes

Pattern	Bodyweight	Bands	Dumbbell	Barbell
Squat	Goblet air squat / split	Band front squat	Goblet / DB front squat	Back / front squat
Hinge	Single-leg RDL	Band good morning	DB Romanian deadlift	Deadlift / RDL
Push	Push-up variations	Band overhead press	DB bench / shoulder press	Bench / OHP
Pull	Inverted row / pull-up	Band row / pulldown	1-arm DB row	Barbell row / chin-up
Carry	Farmer hold w/ jugs	Suitcase band march	DB farmer carry	Trap-bar carry

Weekly Template (3-day full-body)

Day A: Squat 4×6 · Push 3×8 · Row 3×10 · Core 3×30 s

Day B: Hinge 4×5 · Press 3×8 · Pull 3×8 · Carry 3×30 m

Day C: Split squat 3×10/leg · Push 3×10 · Row 3×12 · Hip 3×12

Progression Rules

- Add reps before load. Hit top of range twice, then add 2.5–5 lb.
- Leave 1–3 reps in reserve on most working sets.
- Track everything: weight × reps × RPE. No log = no progress.
- Deload every 4–8 weeks: drop volume 40–50% for one week.

Form Checklist (every lift)

- Brace: 360° belly pressure before the rep moves.
- Neutral spine — ribs stacked over hips.
- Move the load, not your ego. Full ROM > heavier partial.
- Control the lowering phase (2–3 sec eccentric).

Ready for the full system?

This sheet is one slice of **The Recomp Blueprint** — a 25-page program with macros, training splits for any equipment, recovery + sleep protocols, and a 12-week roadmap.

Get it for \$7 → recompblueprint.com