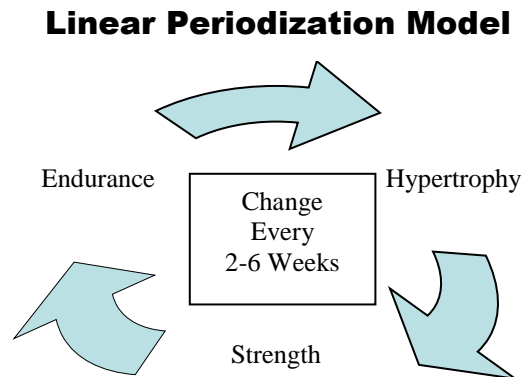
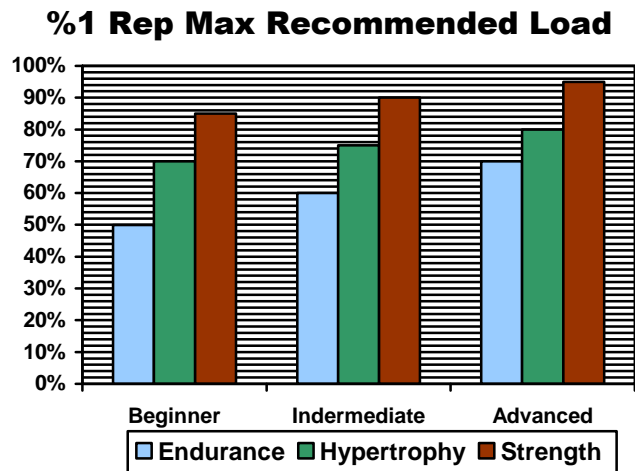
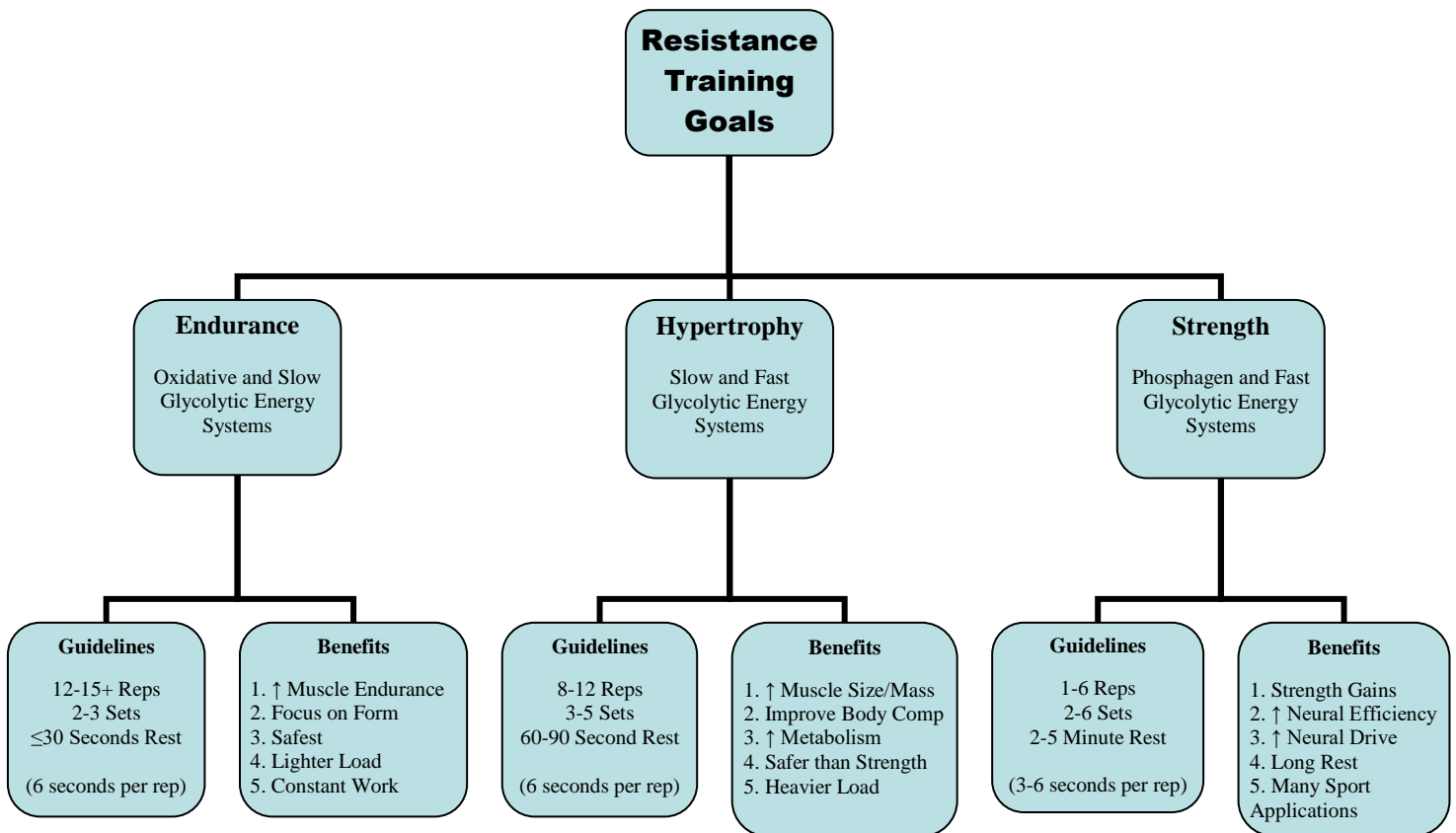


# How to Train for a Specific Resistance Training Goal



## Training Status and Training Days

**Beginner:** Athlete with less than 6 months of continuous resistance training leading to now.  
*Training Days:* 2-3 days per week on a full body program.

**Intermediate:** Athlete with between 6 months and 2 years of continuous resistance training leading to now.  
*Training Days:* 3-4 days per week on a split routine.

**Advanced:** Athlete with more than 2 years of continuous resistance training leading to now.  
*Training Days:* 4-5+ days per week on a split routine.