

Weekly sets per muscle worksheet

Write the number of hard sets each muscle gets on each training day, then add up the week.

Muscle	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week total	Exercises that train it
Chest									
Upper back and lats									
Shoulders									
Biceps									
Triceps									
Quadriceps									
Hamstrings									
Glutes									
Calves									
Trunk									

How to count

- Count working sets only — not warm-up sets.
- Count a set when it is done with real effort, finishing a few reps short of failure or closer.
- A set is a useful way to track training, but not a precise unit: three easy sets and three hard sets are not the same.
- Write down which exercises train each muscle so you can see where the sets come from.

What the research says

- More useful training tends to produce more muscle growth, but each extra set adds a little less than the one before.
- The American College of Sports Medicine position stand summarised the evidence as favouring around 10 or more sets per muscle group per week.
- That is not a minimum — muscle can grow with less — and it is not a perfect number. No universal best weekly set count has been established.
- As a beginner there is little reason to jump straight to very high numbers of sets. Build up gradually if you are recovering well.

Full explanation and sources: bodywise.io/hub/how-many-sets-per-muscle-per-week · Online version: bodywise.io/hub/tools/weekly-volume-auditor