**Lesson #2: Progressive Training Segmentation**

Progressive training segmentation.

The most common question I get, when it comes to training is: What training split should I be using?

The answer really depends on how long you've been training.

I've actually changed the split that I've used throughout the years to work more specific muscle groups each workout, with greater volume. I like to call this progressive training segmentation.

So, when you're a beginner, you can gain muscle easily. Your body's not used to this stimulus you're providing it, so it adapts quickly. And, even if you're not training properly, even if you're not working that hard, you're going to make some gains. These are what are called: newbie gains. So, when you're a beginner, you want to take advantage of this, alright and focus on frequency.

The more you can work out a given body part per week, the more you will improve.

You don't have to work it that hard. As you get more, and more advanced, the body gets used to the stress placed on it, and it becomes harder and harder to stimulate the muscle, because your body has adapted. Because of this, the more advanced lifter needs to focus on hitting a given muscle group harder each workout, with more volume, to cause a sufficient stimulus in the muscle.

So, I'm going to tell you what I think is the best split for each fitness level. This is actually the split progression that I've used over the years. So, the first year of training, you should be doing a full body workout every other day. The second year, you should be doing an upper body, lower body split. And then the third year, and for the rest of your body building career, you should be doing a push, pull, legs split.