SIMPLE. NOT EASY.

THE SYSTEM THAT WORKS IF YOU DO

WP

— BY SAM WARGACKI —

WARGACKI
PERFORMANCE

SIMPLE. NOT EASY.

Most people don't fail because they don't know what to do.
They fail because they don't do it consistently.

This system removes all confusion.

- ◆ You don't need more exercises.
- ◆ You don't need a new program every week.
- ◆ You don't need motivation.

THE RULES

1. Warm-Up Rule

Start with your first exercise.

- Use ~50% of your working weight
- Perform 2 warm-up sets
- Go until the muscle feels warm and the weight starts to feel heavy

No long cardio. No overthinking.
Just get ready to perform.

3. Form Rule

Perfect form is your standard.

The second your form breaks:

- That is your rep limit
- That becomes your rew baseline.

We don't cheat reps. We track reality.

2. Effort Rule (Non–Negotiable)

Your sets should look like this:

- Set 1: Near failure (about 2 reps in reserve)
- Set 2: Match performance
- Set 3: Go past failure

Push 1~2 partial reps after failure.

If you reach your target rep range but haven't failed yet, keep going.

This is not about guessing. it's about finding your true limit.

4. Cardio Rule

Keep it **simple** and consistent:

- Speed: 1.5 ~3.0 mph
- Duration: 30~60 minutes
- Incline: 15%

Focus on consistency, not conlexity.

FINAL NOTE

This works if you do.

No shortcuts, No hacks.

Just perform.

TRAINING STRUCTURE

— THE SPLIT —

This program runs on a simple rotating structure:

- ◆ **Chest + Triceps**
- ◆ **Back + Biceps**
- ◆ **Shoulders + Legs** (alternating focus)
- ◆ **Rest / Cardio Only**

Then repeat.

LEG ROTATION (IMPORTANT)

Leg training alternates each time you hit this day:

Day A (Hamstring Focus):
- ◆ Leg Curl
- ◆ Leg Press

Day B (Quad Focus):
- ◆ Leg Extension
- ◆ Hack Squat

Alternate every time. No guessing.

WEEKY FLOW (EXAMPLE)

- ◆ Day 1: Chest + Triceps
- ◆ Day 2: Back + Biceps
- ◆ Day 3: Shoulders + Legs (Hamstrings)
- ◆ Day 4: Rest / Cardio
- ◆ Day 5: Chest + Triceps
- ◆ Day 6: Back + Biceps
- ◆ Day 7: Shoulders + Legs (Quads)

Then repeat the cycle.

EXERCISE STRUCTURE

- ◆ 2 exercises per muscle group
- ◆ 3 working sets per exercise

SET STRUCTURE

- ◆ Set 1 → Near failure
- ◆ Set 2 → Match performance
- ◆ Set 3 → Past failure + partials

HOW TO USE THIS PROGRAM

- ◆ Log every workout
- ◆ Track weight and reps honestly
- ◆ Beat your previous performance whenever possible.

CHEST + TRICEPS

CHEST

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	SET 3 REPS
DB Chest Fly		8–15			
Incline DB Chest Press		6–12			

TRICEPS

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	SET 3 REPS
Overhead Tricep Extension		6–12			
Tricep Pushdown		6–12			

EXECUTION NOTES

- Follow the Effort Rule every set
- Last set = past failure + partial reps
- If you exceed the rep range, increase weight next session
- If form breaks, that is your rep count

GOAL OF THIS DAY

- Maximize chest tension, not shoulders
- Fully fatigue triceps through stretch + contraction
- Leave knowing you couldn't have done more with good form

BACK + BICEPS

BACK

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	REPS
Lat Prayer		8–15			
Seated Row		6–12			

BICEPS

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	REPS
Bayesian Cable Curl		6–12			
Preacher Curl		6–12			

GOAL OF THIS DAY

- Choose your weight before starting
- Keep weight the same across all 3 sets
- Log reps honestly
- Beat your previous performance

EXECUTION FOCUS (optional)

- Back = elbows drive the movement, not hands
- Biceps = control the negative, don't swing
- Final set = push past failure + partials

GOAL OF THIS DAY

- Choose your weight before starting
- Keep weight the same across all 3 sets
- Log reps honestly
- Beat your previous performance

SHOULDERS + LEGS

SHOULDERS (EVERY SESSION)

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	REPS
Cable Lateral Raise		8–15			
Seated DB Lateral Raise		6–12			

⟳ LEG ROTATION

Alternate every time you train this day.

DAY A — HAMSTRING FOCUS

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	REPS
Seated Leg Curl		6–12			
Leg Press		6–12			

DAY B — QUAD FOCUS

EXERCISE	WEIGHT	TARGET REPS	SET 1 REPS	SET 2 REPS	REPS
Leg Extension		6–12			
Hack Squat		6–12			

HOW TO USE

- Shoulders stay the same every session
- Alternate legs each time (A → B → A → B)
- Pick your weight before starting
- Keep weight consistent across sets
- Log reps honestly

EXECUTION FOCUS (optional)

- Shoulders = elbows lead, not hands
- Leg curls = control + squeeze
- Leg press / hack = controlled depth, no bouncing
- Final set = push past failure + partials

TRACKING SYSTEM

TRACK EVERYTHING.

What gets tracked improves.
What improves gets results.

↻ CARDIO TRACKER

Day	Speed (mph)	Incline	Time (min)	Completed
1.	1.5 – 3.0	15%	30–60	☐
2.				☐
3.				☐
4.				☐
5.				☐
6.				☐

BODYWEIGHT TRACKER

Date	Bodyweight	Notes

HOW TO USE THIS PAGE

◆ Log cardio honestly

◆ Stay consistent week to week

◆ Track bodyweight under similar conditions (same time of day if possible)

FINAL REMINDER

◆ You don't need a better program.

◆ You need better execution.