

Definitions:

1. **What equipment do you have access to?**
Bodyweight exercises only [B], Basic or more equipment - Gym [G]
2. **What's your primary fitness goal?**
Gain Muscle (8-12 reps) [M], Gain Strength (6-8 reps) [S]
3. **How often do you want to visit the gym?**
1-2 times per week (Full Body x2) [2], 3-4 times per week (PPL x3) [3], 5 or more times per week (Muscle Group Focus x5) [5]
4. **How much time do you want to spend in the gym?**
30 minutes or less (2 sets x 3 exercises) [s], 30-60 minutes (3 sets x 3 exercises) [m], 60 minutes or more (3 sets x 5 exercises) [l]

Explanations:

1. Bodyweight only: Training with just your own bodyweight and a pull up bar
2. Basic Equipment: At least one barbell, one dumbbell a bench and some weights
3. More Equipment: A full gym
4. The reps determine your primary goal. Obviously does it also affect building muscles or gaining strength - just from training.
5. This will affect your workout split.
6. This will determine your sets per exercise.