



WEEK FOUR  
DAY ONE - MONDAY  
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK FOUR  
DAY TWO - TUESDAY  
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS	5	20	N/A	4-1-1-0	40
B1	PEC DECK/MACHINE FLIES	5	12	N/A	4-0-1-2	40
C1	FLAT DB CHEST PRESS	5	8	N/A	4-0-1-0	40
D1	INCLINE DB CHEST PRESS	5	8	N/A	4-0-1-0	40
E1	FLAT DB FLIES	5	8	N/A	4-0-1-0	40



**WEEK FOUR**  
**DAY THREE - WEDNESDAY**  
**DEADLIFT, BACK & BICEPS**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	REVERSE GRIP PULL-UPS	6	8	+ DROP SET ON LAST 2 SETS	4-0-1-0	40
B1	BENT OVER ROWS BB	5	8	UNDERHAND GRIP	4-0-1-0	40
C1	1 ARM DB ROWS	5	8	N/A	4-0-1-0	40
D1	DEADLIFTS	5	20	KNEES BENT	4-0-1-0	40
E1	1 ARM LATERAL BICEP CURLS	4	8	+ DROP SET ON LAST SET. HIGH CABLE	4-0-1-0	0
F1	1 ARM DB PREACHER CURLS	3	8	1 1/2S (1/2 REPS AT THE TOP)	4-0-1-0	0
G1	INCLINE CABLE CURLS	3	12	+ DROP SET ON LAST SET	3-0-1-2	40



WEEK FOUR  
DAY FOUR - THURSDAY  
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	SEATED LEG CURLS	4	8	LEAN FORWARD FROM THE HIPS, NOT YOUR BACK	4-0-1-0	0
A2	SEATED LEG CURLS	4	8	+ DROP SET ON LAST SET. LEAN BACK AGAINST THE PAD	4-1-1-1	40
B1	LYING SINGLE LEG CURLS	4	8	N/A	4-0-1-1	0
B2	SINGLE LEG PRESS	4	20	3/4 OF THE WAY UP	4-0-1-0	0
C1	LEG PRESS	4	20	EXPLOSIVE, CONTINUOUS REPS. FEET LOW ON THE PLATFORM	4-0-1-0	0
C2	LEG EXTENSION	4	10	+ DROP SET ON LAST SET	4-0-1-0	40

WEEK FOUR  
DAY FIVE - FRIDAY  
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
	REST DAY					



WEEK FOUR  
DAY SIX - SATURDAY  
CHEST & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	INCLINE BB BENCH PRESS*	6	8	N/A	4-1-1-0	120
B1	INCLINE DB BENCH PRESS	4	8	N/A	4-0-1-0	40
C1	FLAT DB CHEST PRESS	4	8	+ DROP SET ON LAST SET	4-0-1-0	40
D1	FLAT DB FLIES	4	8	1 1/2S (1/2 AT THE BOTTOM)	4-0-1-0	0
D2	PEC DECK/MACHINE FLIES	4	12	+ DROP SET ON LAST SET	4-0-1-0	40

\* 3 sets hands shoulder width, 3 sets hands 2" outside shoulders. Heavy & explosive.

WEEK FOUR  
DAY SEVEN - SUNDAY  
SQUATS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB BACK SQUATS	8	6	N/A	4-0-1-0	90
B1	LYING LEG CURLS (HIPS DOWN)	5	8	N/A	4-1-1-0	0
B2	LYING LEG CURLS (HIPS UP)	5	8	+ PARTIAL REPS TO FAILURE	4-0-1-0	0
B3	HACK SQUATS	5	8	FEET TOGETHER	4-0-1-0	0
B4	WALKING LUNGES	5	10	N/A	3-0-X-0	180