

## Overview

### **Schedule**

This a 4-day split designed to maximize muscle growth. It is designed to be an 8 week program.

The split is set up so you train Monday & Tuesday, rest Wed, train Thur & Friday, rest Sat & Sunday.

If you want to train on different days, that's fine but try to set it up so you follow the same 2 days on, 1 day off, 2 days on, 2 days off, format.

### **Types of Training:**

The program consists of three distinctly different types of training:

Base Training: This is traditional strength training. This style of training will make you stronger (duh) and give you a "base" to use to build more muscle mass. (Since higher levels of strength can be used to build larger amounts of muscle.

Volume Training: This is traditional bodybuilding style training. Expect high reps and a lot of super-sets (doing exercises back to back with little or no rest.)

Muscle Rounds: This type of training is fairly unique. Also known as "cluster training" or rest pause training, this style of training involves lifting a weight, resting a short time, lifting a weight, resting a short time, and so on until you complete the requirements.

You will be performing all 3 different styles of training each week.

Mondays: Lower body base training and upper body volume training.

Tuesdays: Upper body base training and lower body volume training.

Wed (off)

Thursday: Lower Body (and Chest) Muscle Rounds

Friday: Upper Body (Excluding Chest) Muscle Rounds

Saturday: Off

Sunday: Off

### Exercise Selection:

For Base Training, it's best to pick compound exercises such as squats, leg press, bench press, etc. Barbell exercises are a good choice here.

For volume training, feel free to use dumbbells and machines.

For muscle rounds, you can use either barbells or dumbbells and machines, but because you will be dealing with very short rest periods (10 seconds), you want to pick exercises where you don't have to spend a lot of time racking and unracking the bar.

Day by Day Breakdown:

**Monday:**

Base Training/Lower Body

Target Area/Exercise	Set	Reps	Rest Time
Quads/Squats	1	8	2 mins between sets
	2	6	
	3	5	
	4	4	
	5	3	

Target Area/Exercise	Set	Reps	Rest Time
Hamstrings/Leg Curl	1	8	1 min between sets
	2	6	
	3	5	
	4	4	

Target Area/Exercise	Set	Reps	Rest Time
Calves/Standing Calf	1	10	1 min between sets
	2	8	
	3	6	
	4	5	
	5	4	

Quick explanation: So with base training, you are going to increase the weight on every set. The weight goes up, and the number of reps comes down. This is basically "pyramid training."

Volume/Training Upper Body

Target Area	Sets	Reps	Rest Time
Chest & Back	3 compound sets	12-15	1 minute between compound sets
Shoulders & Abs	4 compound sets	12-15	1 min between compound sets
Bis & Tris	3 compound sets	12-15	1 min between compound sets

Quick explanation: Compound training consists of doing sets on different exercises back-to-back. So for chest and back you might choose a chest press machine paired with a seated row. You would do 12-15 reps on the chest machine, then immediately do 12-15 reps on the seated row machine with no rest.

That counts as 1 compound set. So then you would rest 1 minute, and repeat the pairing two more times.

**Tuesday:**

Base Training/Upper Body

Target Area/Exercise	Set	Reps	Rest Time
Upper Back/Chins	1	8	1.5 mins between sets
	2	6	
	3	5	
	4	4	
	5	3	

Target Area/Exercise	Set	Reps	Rest Time
Chest/Bench Press	1	8	1.5 min between sets
	2	6	
	3	5	
	4	4	
	5	3	

Target Area/Exercise	Set	Reps	Rest Time
Shoulders/Overhead Press	1	10	1.5 min between sets
	2	6	
	3	5	
	4	4	

Quick explanation: So with base training, you are going to increase the weight on every set. The weight goes up, and the number of reps comes down. This is basically “pyramid training.”

Volume/Training Upper Body

Target Area	Sets	Reps	Rest Time
Quads, Hams, Calves	4 compound sets	12-15	1 minute between compound sets

Quick explanation: This compound has 3 exercises so you’re going back-to-back-back. So you’ll do a quad exercise for 12-15 reps, immediately go to a hamstring exercise for 12-15 reps and then immediately go to a calf exercise for 12-15 reps. That is one compound set, and since today’s training calls for 4 compound sets, you would rest 1 minute and then repeat the cycle 3 more times.

Wednesday: Off

Thursday:

Lower Body Muscle Rounds + Chest

Target Area	Reps & Rounds	Sets	Rest Time
Quads	4x6	4	1 min between sets
Hamstrings	4x6	3	1:45 between sets
Calves	4x6	4	1:45 between sets
Chest	4x6	4	1 min between sets

Explanation: The Muscle Rounds are probably the most confusing part of this program so pay close attention and feel free to ask questions if you're unclear.

You are going to select one exercise for each body part. So for quads, let's say you choose the leg press. You are going to use a weight you could do for 10 reps.

But instead, you are only going to do 4 reps. Then you will rest for exactly 10 seconds. This constitutes 1 "round." So then you repeat 4 reps, 10 seconds rest. And then 4 more reps. You are repeating for a total of 6 "rounds"

Once you've done 6 rounds, that counts as 1 set. So then you rest 1 minute and do it again. You will keep going until you've done 4 total sets, with each set consisting of 6 rounds. Then you're done with that exercise and you move on to the next one.

Confused? Yeah, it's a bit confusing. It helps if you map it out on paper and of course feel free to ask questions.

Friday:

Upper Body Muscle Rounds (excluding chest)

Target Area	Reps & Rounds	Sets	Rest Time
Back	4x6	4	1 min between sets
Triceps	4x6	3	1:45 min between sets
Shoulders	4x6	4	1:45 min between sets
Biceps	4x6	3	1:45 min between sets

Sat & Sun: Rest.

Notes:

It is not necessary to push each set to momentary muscular failure. Leave one rep "in the take" for most exercises.

For volume training, drop the weight down on each progressive set to allow you get the reps in. So if you start out with 100lbs for 15 reps, but you need to drop down to 80lbs to get 12-15 reps on your next set, that's fine.

For muscle rounds, use the same weigh for each "round." You may need to drop the weight on progressive sets.

The workout stays the same for all 8 weeks.

You will progress by adding weight when you can. For base training, try to add weight to the "bottom" set every week.

So if you start out benching 175lbs for 8 reps, then 185lbs for 6 reps, 195lbs for 5 reps, 205lbs for 4 reps and then 225lbs for 3 reps, next week try to do 180lbs for 8 reps on your first set and don't try to increase the weight on the top set every single week.

Keep a close eye on the clock and monitor your rest periods carefully.

Take before pictures along with starting weight and measurements (you don't have to send them to me, keep them for your own files.)