

Week 4 – Day 1

Exercise	Weight	Reps	Workload
Squat			
Squat			
Squat			
Squat			
Squat			
Squat			
Bench Press			
Bench Press			
Bench Press			
Bench Press			
Bench Press			
Bench Press			
Overhead Press			
Overhead Press			
Overhead Press			
Close-Grip Bench			
Close-Grip Bench			
Cable Crunches			
Cable Crunches			
Cable Crunches			
Cable Crunches			

*Weight (x) Reps = Workload

Week 4 – Day 2

Exercise	Weight	Reps	Workload
Deadlift			
Deadlift			
Deadlift			
Deadlift			
Deadlift			
Deadlift			
Hamstring Curls			
Hamstring Curls			
Weighted Pull Ups			
Weighted Pull Ups			
Weighted Pull Ups			
Weighted Pull Ups			
Bent Over Rows			
Bent Over Rows			
Bent Over Rows			
Bent Over Rows			
Bent Over Rows			
Barbell Curls			
Barbell Curls			
Barbell Shrugs			
Barbell Shrugs			
Barbell Shrugs			
Barbell Shrugs			

*Weight (x) Reps = Workload

Week 4 – Day 3

Exercise	Weight	Reps	Workload
Squat			
Squat			
Squat			
Walking Lunges			
Walking Lunges			
Bench Press			
Bench Press			
Bench Press			
DB Chest Fly			
DB Chest Fly			
Shoulder Press			
Lateral Raises			
Rope Pushdown			
Cable Crunches			
Cable Crunches			

*Weight (x) Reps = Workload

Week 4 – Day 4

Exercise	Weight	Reps	Workload
Romanian Deadlift			
Romanian Deadlift			
Romanian Deadlift			
Hamstring Curls			
Hamstring Curls			
Seated Rows			
Lat Pulldown			
Barbell Curls			
Barbell Curls			
Face Pulls			
Face Pulls			
Face Pulls			
Decline Crunches			
Decline Crunches			

*Weight (x) Reps = Workload