The Powerful, 4 Day, Strength, Power and Muscle Building Split

Many people are confused with organizing their workouts effectively. Some people train 5 days a week or more, but speaking with so many people it seems that 4 days a week is quite popular.

If that is you, then follow the 4 day split below and if you feel like training more, make those days filled w/calisthenics.

If you train only 3 days a week, you can still the 4 day split, simply pick up with the next day each time you start your new week again. So if you finished your 3rd workout of the week, then the next week you can begin with workout # 4. Pretty simple, yet very effective.
Here’s how you will organize your workouts into 4 days:

Day 1 – Lower Body: mixture of max effort and repeated effort

Day 2 – Upper Body: mixture of max effort and repeated effort

Day 3 – Strongman Day

Day 4 – Kettlebells and Calisthenics day

The typical model would be training Monday, Tuesday, Thursday and Friday. If you follow the program above but train more than 2 days in a row, I highly suggest making the middle day or the third day a lighter, recovery type workout.

Three straight days of intense work might seem doable to you, but physically it may not be the best for making gains. I have made incredible gains in strength and size using a 4 way split yet only training every other day!
Here are 4 sample workouts for you to follow, one for each day:

**Day 1 – Lower Body: mixture of max effort and repeated effort:**

1A) Olympic back squats 6 x 3 – 10 reps
1B) pull ups or push ups as active recovery, sub max reps

2A) Romanian dead lift 4 x 3 – 10 reps
2B) DB step up or DB reverse lunges 4 x 6 – 8 each leg

3A) glute ham raises 2 x max reps
3B) abdominal exercise 2 x 20 – 30 reps

4) sled drag or prowler push x 6 minutes non stop

Above, thick bar Romanian dead lifts
Day 2 – Upper Body: mixture of max effort and repeated effort

1A) BB hang clean & press 5 x 3 – 5 reps
1B) weighted pull ups 5 x 3 – 5 reps

2A) BB rows 4 x 6 – 10 reps
2B) BB floor press 4 x 3 – 6 reps

3A) lying triceps XT’s w/any tool 3 x 8 – 12 reps
3B) BB cheat curls 3 x 5 reps

4) forearm / hand training: 3 x each
   - DB hex holds 3 x max time (5 – 10 seconds per set average time)
- wrist roller 3 x 2 – 3 reps (up & down = 1 rep)

**Day 3 – Strongman Day**

1) Farmer walks: Build up to 2 heavy sets of approx. 200 ft.
2) Tire Flips: 5 x 2 reps or 1 rep every 30 seconds for 5 minutes
3) Heavy sled hand over hand pulls: 2 - 3 heavy sets with 40’ rope or tow straps
4) Medley: 2 – 3 sets of the below circuit:
   - sandbag zercher carry x 100’, sprint back
   - heavy KB farmer walk x 100’, sprint back
   - keg carry x 100’, sprint back
   - sled drag or prowler push x 100’, sprint back

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**Day 4 – Kettlebells and Calisthenics day**

1A) handstand push ups 3 x max reps
1B) KB snatch 3 x 6 – 8 reps each
2A) double KB front squat 3 x 6 – 8 reps
2B) double KB swings 3 x 6 – 8 reps

3A) recline rope or ring rows 3 x max reps
3B) double KB rack walks 3 x 200’

4A) walking BW lunges 2 x 20 each
4B) double KB cleans 2 x 10

Recline Rope Rows

As mentioned before, you can switch days 3 and 4. A strongman day is followed by 1 day of rest, but, if you feel a strongman day fits in better after a day of calisthenics and kettlebell training then experiment with your different organization.
Or, you can perform all your kettlebell training with lighter weights and less overall volume and utilize this day as a recovery workout. This is something you’ll need to play by ear.

On your other 3 days of the week, these can be complete off days, or, some light / active recovery work that keeps your body moving and does not fatigue you or lessen your energy levels.

The above program is what we follow when our athletes opt for a 4 day workout regime. This allows us to utilize different tools and methods, nothing being the end all be all, all inclusive answer as you can tell.

If you decide to give the program a shot, give it an honest GO and stick to it for a good 8 weeks. Every 2 – 3 weeks you can switch the exercises with new, similar movements.

Don’t forget to allow yourself time to deload, so go lighter with less overall intensity when the need arises.

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