

**4-DAY HIGH VOLUME  
BODY PART SPLIT  
WITH SHOULDER SPECIALIZATION**

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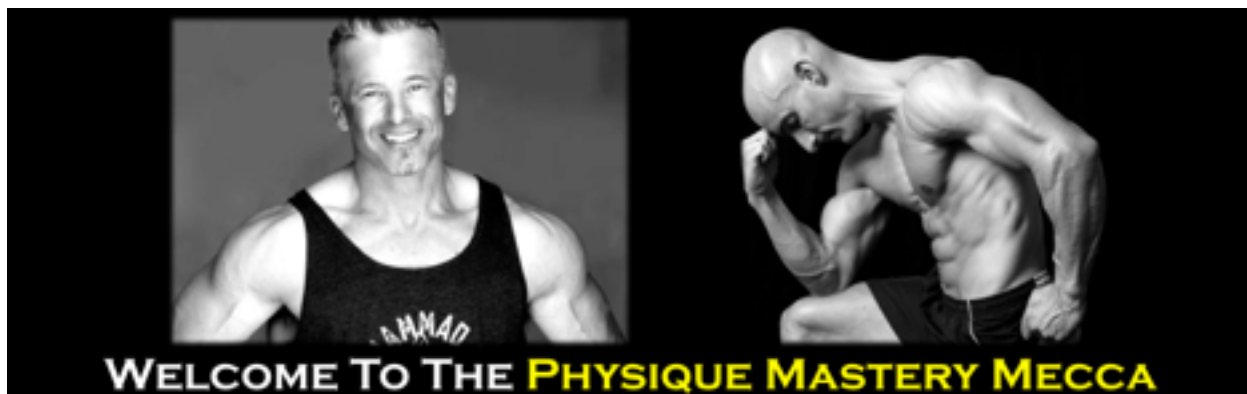


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**A PRIDE OF PROUD  
LIGHTWEIGHT  
BODYBUILDERS**



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You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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# ADVANCED MUSCLE BUILDING TACTICS

## Wave Loading

With wave loading you'll increase the weight and decrease the reps with each set. In this plan we'll be performing two waves. For the first wave you should leave 2-3 reps in tank. The purpose of the first wave is to get in a groove with the movement. The second wave you'll go to momentary muscular failure.

## Extended Rest-Pause Sets aka Disgusting Sets

For some exercises you will notice \* **Third set perform an extended rest-pause set.**

For the first two sets you will perform the exercise for the target rep range and rest for 90 seconds between sets.

Upon completing the 3rd set in the target rep range you will rest for 5 seconds then perform as many more reps as you can. Rest for 5 seconds then perform as many more reps as you can. Keep going until you can only perform a single rep.

## Triple Drop Sets

Perform an activation set of 10-12 reps. Perform 3 more sets reducing the weight each time. There is no rest between sets. Reduce the weight and get at'er!

# FULL LENGTH WORKOUT VIDEOS

\* Complete instruction on how to move through the entire workout from set to set.

[Workout 1 - Chest](#)

[Workout 2 - Back](#)

[Workout 3 - Shoulders, Biceps, and Triceps](#)

[Workout 4 - Legs](#)

## DAY 1: CHEST - SHOULDERS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">CABLE FLY</a>		3	12-15	90

WAVE LOADING SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">BENCH PRESS</a>		2	8, 6, 4	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">INCLINE BENCH PRESS</a>		3	8-10	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">DIPS</a>	BODYWEIGHT	3	FAILURE	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">MACHINE FLY</a>		3	10-12	90

\* Third set perform an extended rest-pause set (no more than 5 seconds rest) until you can only perform a single rep.

TRIPLE DROPSET	WEIGHT	SETS	REPS	REST
F1 <a href="#">LATERAL RAISES</a>		1	10-12	0

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
G1 <a href="#">REVERSE CRUNCH</a>		3	15-20	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
H1 <a href="#">AB WHEEL ROLLOUTS</a>		3	8-12	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
I1 <a href="#">CALVE PRESS</a>		3	15-20	60

## DAY 2: BACK - SHOULDERS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">RACK PULLS</a>		3	10-12	2 MIN

WAVE LOADING SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CHEST SUPPORTED T-BAR ROW</a>		2	8, 6, 4	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">WIDE GRIP PULLDOWN</a>		3	10-12	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">KAYAK ROW</a>		3	8-10	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">DUMBBELL ROW</a>		3	8-10	90

\* Third set perform an extended rest-pause set (no more than 5 seconds rest) until you can only perform a single rep.

EXTENDED REST-PAUSE SET	WEIGHT	SETS	REPS	REST
F1 <a href="#">HANG AND SWING</a>		1	15-20...	0

SUPERSET	WEIGHT	SETS	REPS	REST
G1 <a href="#">HANGING KNEE RAISES</a>		3	8-12	0
G2 <a href="#">SPIDERMANS</a>		3	8-12	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
H1 <a href="#">SEATED CALVE RAISES</a>		3	8-12	60

## DAY 3: SHOULDERS - BICEPS - TRICEPS

WAVE LOADING SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">DUMBBELL SHOULDER PRESS</a>		2	8, 6, 4	2 MIN
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">UPRIGHT ROW</a> (WEIGHT PLATES)		3	12-15	90
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">CABLE LATERAL RAISES</a>		3	8-10	90

\* Third set perform an extended rest-pause set (no more than 5 seconds rest) until you can only perform a single rep.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">BARBELL BICEPS CURL</a>		3	8-10	2 MIN
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">INCLINE DUMBBELL BICEPS CURL</a>		3	10-12	90
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
F1 <a href="#">LYING CABLE BICEPS CURL</a>		3	12-15	90

\* Third set perform an extended rest-pause set (no more than 5 seconds rest) until you can only perform a single rep.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
G1 <a href="#">CLOSE GRIP BENCH PRESS</a>		3	8-10	2 MIN
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">TRICEPS PRESSDOWN</a>		3	10-12	90
STRAIGHT SETS	WEIGHT	SETS	REPS	REST
F1 <a href="#">ROPE TRICEPS PRESSDOWN</a>		3	12-15	90

\* Third set perform an extended rest-pause set (no more than 5 seconds rest) until you can only perform a single rep.



## DAY 4: LEGS - SHOULDERS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">LEG EXTENSION</a>		3	15-20	90

WAVE LOADING SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">HACK SQUAT</a>		2	12,10,8	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">LEG PRESS</a>		3	15-20	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">ROMANIAN DEADLIFT</a>		3	10-12	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">LEG CURL</a>		3	10-12	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
F1 <a href="#">STEP UPS</a>		3	FAILURE	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
G1 <a href="#">REVERSE MACHINE FLY</a>		3	12-15	90

SUPERSET	WEIGHT	SETS	REPS	REST
H1 <a href="#">CABLE CRUNCH</a>		3	10-15	0
H2 <a href="#">RUSSIAN TWIST</a>		3	15-20	60

SUPERSET	WEIGHT	SETS	REPS	REST
I1 <a href="#">SEATED CALVE RAISES</a>		3	10-15	0
I2 <a href="#">STANDING CALVE RAISES</a>		3	15-20	60

# PROGRAM FLEXIBILITY

## HOW TO MODIFY THE PLAN TO SUIT YOUR LIFESTYLE

There are three workouts included in the January workout plan. Here are a few options to roll with depending on how many days per week you prefer to workout.

### **Prefer To Workout 6 Days Per Week**

Continue cycling through the workouts in order.

Week 1: Day 1, 2, 3, 4, 1, 2

Week 2: Day 3, 4, 1, 2, 3, 1

Week 3: Day 2, 3, 4, 1, 2, 3

Week 4: Day 4, 1, 2, 3, 1, 2

### **Prefer To Workout 5 Days Per Week**

Continue cycling through the workouts in order.

Week 1: Day 1, 2, 3, 4, 1

Week 2: Day 2, 3, 4, 1, 2

Week 3: Day 3, 4, 2, 2, 3

Week 4: Day 4, 1, 2, 3, 4

### **Prefer To Workout 4 Days Per Week**

Perform each workout once per week.

Week 1: Day 1, 2, 3, 4

Week 2: Day 1, 2, 3, 4

Week 3: Day 1, 2, 3, 4

Week 4: Day 1, 2, 3, 4

# PROGRESSIONS

## Week 1

The first week involves a bit of trial and error while finding an appropriate weight to lift for each exercise and it's designated training tactic.

Select a weight that is approximately 80% of what you would normally lift for the target rep range. This should leave you with a rep or two in the tank.

## Week 2, 3, and 4

Train intuitively these weeks.

If you can give it your all, go for it!

If you are having a low energy day and your strength isn't up to par, simply go lighter and slow down the tempo. Control the movement while enhancing your mind-muscle connection.

The best form of progression is improving the quality of every rep you perform. Mastering each movement to the best of your ability.

## CONCLUSION

So there you have it. A high volume 4 Day Split Routine... to carve out a symmetrical and proportionate physique with insane muscle definition and detail.

### What next?

If you weigh 160 pounds or less, get involved in the [Lightweight Pride](#) support community and share your experiences with your fellow lightweight bro's.

For all other physique focused men and women, head on over to the [Physique Mastery Mecca](#) and share your experiences.