

4 DAY

M E N S

TRAINING PROGRAM

FAQ

How should I organize my rest days? Can I reorganize my training days?

You have a fair bit of autonomy with how you can organize your training. Feel free to arrange your workouts so that you're prioritizing weaker muscles first — for example, you can choose to always place your legs exercises first if they're an area you'd like to focus on. With that said, I'd recommend leaving a good 48 hours or so before you train the same muscle groups again, so keep this in mind if you choose to auto-regulate your rest days as well.

I feel like I can handle more volume. Can I add in extra sets?

If doing so doesn't impede your ability to recover or progress in your lifts, you can absolutely increase the volume. Keep in mind that there is a limit to how much volume is beneficial — if you're completing more than 20 sets per week on a particular muscle, you may want to consider lowering the volume, and increasing the frequency (training the muscle more often). However, gauge how you personally feel, and keep an eye on the progress you see in the mirror. You'll find sets ranging from as low as 2, and as high as 5 in this program. Again, feel free to adjust the volume to your particular liking.

How long should I rest in between sets?

Generally, I recommend taking anywhere between 2-5 minutes rest between compound movements and 1-2 minutes rest between isolation movements. With that said, ideal rest time will vary from person to person. I recommend performing your set when you feel recovered and confident that you will be able to lift the most amount of weight with proper form for your designated rep range.

FAQ

Should I train until failure?

For the most part, I highly recommend avoiding training to complete failure. When performing compound movements (bench press, squats, deadlifts, and overhead press) I recommend aiming for your designated rep range, but rack the weight when you feel you have about one rep left in the tank — an RPE (rate of perceived exertion) 9. By doing this, you are going to avoid overtaxing your central nervous system and allow yourself to create a greater total workload during your workouts. With that said, training to failure on isolation lifts at the end of your workout is okay in moderation because it will not be as taxing on your body.

What if I don't have access to, or want to swap an exercise in this program?

With that said, feel free to swap out isolation lifts with alternatives that hit the same muscle group. Just be sure to keep the exercises as similar as possible to the program I've written. On several exercises, I'll include a few suggestions for alternative exercises you can choose to perform instead if you'd like.

Proper form should always be priority one, so I've included a few basic tips on the compound exercises in this program too. By no means are they exhaustive, so if you're looking to improve your form, continue researching online — there are no shortage of tutorials, walkthroughs, and checklists you can use to make sure you're executing these movements correctly.

As a side note, I'm always available for form checks for clients I'm actively coaching. If you'd like me to oversee your progress, feel free to apply here: christianguzman.com

FAQ

What if I miss a workout?

If you are unable to work out for one day, do not stress. Simply resume the program from where you left off. These workouts are not assigned to specific days of the week. Instead, they are a continuous rotation.

Should I incorporate deload weeks?

Eventually, you will encounter a few consecutive days where you feel weak, exhausted, unmotivated, etc. When this happens, you can either incorporate a deload week or take a few days off from the gym. If you choose to deload, you will complete the same weekly workout routine, but you will cut your sets in half and decrease your working weight by 50-60%. If you select to take some time off, which is my preferred method, I suggest taking anywhere from 2-4 days off from the gym completely. Both of these methods will let your central nervous system recover and allow you to recharge both mentally and physically. Typically, deloads/off days are needed more frequently when in a caloric deficit.

How often should I train abs?

I recommend training abs 2-3 times per week. With the abs workouts I've given you, complete three sets of each exercise and then move on to the following movement, or complete each exercise for one set, take a small break, and repeat in a circuit fashion. I want you to work abs on the days that you have the most energy at the end of your workout. You can choose to alternate the routines I've included, or follow one indefinitely.

How long should I follow this program?

This program does not have a set time limit. If you are progressing in your lifts, there is no reason to switch programs. Personally, I like to follow programs for at least 6-8 months before considering switching.

FAQ

How do I know I'm making progress?

There are many different ways to progress, and progressive overload is the driving principle behind this program. Progression can be found by lifting more weight on a given exercise, improving your form with a certain weight, lifting the same weight for more reps, or improving your rep speed/tempo. It is important to realize that you will not progress and hit personal records every single workout — simply be sure that your lifts are improving in some fashion as the weeks and months pass.

What should my nutrition look like during this program?

This program can be followed whether your goal is to build muscle or lose body fat. If you are in a caloric surplus, you are going to build more muscle and strength than in a caloric deficit. If you are cutting, be sure you continue to lift as heavy as possible on all of your lifts. Lifting heavy with this program will help you retain as much muscle mass and strength as possible.

Should I warm up before training?

I highly recommend taking a few minutes to warm up before each session. This should not be intense work that drains you of energy before your workout — rather, simple movements that aid in getting your blood flowing and muscle fibers primed and ready to work. Essentially, I want you making sure that your heart rate is up and your muscles aren't going into your workout cold. If you want to spend a few minutes on an incline treadmill, elliptical, StairMaster, or even play some basketball, feel free to do so.

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I also recommend performing dynamic stretches pertaining to the muscles you'll be training that day. If you have access to a foam roller, I recommend spending time releasing any muscles or areas that are feeling tight or sore beforehand.

A simple example to follow could be 5 minutes on a treadmill, followed by 2-3 light sets of the first exercise you're going to perform that day. After completing these, I recommend performing another 2-3 acclimation sets — these are sets that ready your muscle fibers for the heavy working sets that are about to follow. Gradually increase the weight with each set, stopping short of the weight you'll use for your first working set. Again, these are not your working sets, and should not be heavy enough to drain you of energy or undermine your working sets that follow.

Here's a protocol you can use to determine the weight you should use on your acclimation sets:

Set	Percentage and Reps
1	Just the bar for 15-20 reps
2	50% for 10 reps
3	70% for 4 reps
4	90% for 2 reps

Each percentage is based on that particular day's planned weight for the first working set.

Day 1

Upper Body "A"

Exercise	Sets	Reps	Notes
Bench Press	3	5	Keep knuckles pointed towards ceiling. Keep scapula retracted. Maintain natural arch in lower back. Elbows tucked, avoid flair
Weighted Chin-ups	3	6-10	Or reverse grip lat pulldown
Incline Dumbbell Press	3	8-10	Or incline bench press
Pendlay Row	3	6-8	Or bent-over barbell row. Your choice of overhand or underhand
Cable Fly	3	12-15	Or pec deck or dumbbell fly
Kettlebell Lateral Raise	3	10-15	Dumbbells or cables also fine; can do single-arm or both together
Barbel Curl	3	8-10	Or dumbbell curl, alternating dumbbell curl, or EZ bar curl
French Press	3	8-10	Or skull crusher or overhead rope extension

Day 2

Lower Body "A"

Exercise	Sets	Reps	Notes
Squat	3	5	Feet shoulder-width apart. Toes slightly pointed out. Drive knees out. Keep a neutral head/neck. Push through heels. Grip bar tightly
Stiff Legged Deadlift	3	8-10	Barbell or dumbbells
Walking Lunges	3	10-15	Barbell or dumbbells
Hip Thrusts	3	8-10	Barbell or Smith machine
Lying Hamstring Curl	2	12-15	Or seated hamstring curl
Standing Calf Raise	3	6-10	
Seated Calf Raise	3	20-30	

Day 3

Upper Body "B"

Exercise	Sets	Reps	Notes
Deadlift	3	5	Conventional or sumo. Shoulder-width grip. Shins touch the bar, keep chest up
Bench Press	3	10	Keep knuckles pointed towards ceiling. Keep scapula retracted. Maintain natural arch in lower back. Elbows tucked, avoid flair
Incline Dumbbell Fly	3	12-15	Or incline cable fly
Uni-Lateral Row	3	10-15	Any single-arm rowing movement
Reverse Pec-Dec	2	12-15	Or facepull, or rear delt dumbbell fly
Skull Crusher	3	8-12	Or French press or overhead rope extension
Alternating Dumbbell Curl	3	6-8	Or barbell curl
Cross-Body Hammer Curl	2	8-10	-

Day 4

Lower Body "B"

Exercise	Sets	Reps	Notes
Leg Extension	3	12-15	Slow and controlled
Seated Hamstring Curl	3	12-15	Slow and controlled
Leg Press	4	8	As heavy as possible
Bulgarian Split Squat	3	8-12	-
Squat	4	8-10	Feet shoulder-width apart. Toes slightly pointed out. Drive knees out. Keep a neutral head/neck. Push through heels. Grip bar tightly
Standing Calf Raise	3	6-10	-
Seated Calf Raise	3	20-30	-

Abs

Abs "A" "B" "C"

Abs

Exercise	Sets	Reps
Rope Crunch	3	15
Hanging Knee Raise	3	RPE 10
Plate Twist	3	20-30

Abs

Exercise	Sets	Reps
Crunch Machine	3	15
Hanging Leg Raise	3	RPE 10
Cable Twist	3	10-20

Abs

Exercise	Sets	Reps
Weighted Hanging Knee Raise	3	10-15
Decline Crunch	3	15-20
Decline Plate Twist	3	20-30