

★★★ PA STRENGTH



4-DAY SPLIT

STRENGTH GUIDE

W03



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YOUR TRAINING WEEK

An example schedule. Keep the workout order and move the days when needed.

EXAMPLE WEEK

DAY	SESSION	FOCUS
MON	WORKOUT 1	UPPER A
TUE	WORKOUT 2	LOWER A
WED	REST DAY	OPTIONAL CARDIO
THU	WORKOUT 3	UPPER B
FRI	WORKOUT 4	LOWER B
SAT	REST DAY	OPTIONAL CARDIO
SUN	REST DAY	OPTIONAL CARDIO

WORKING SETS 22 / 21 / 24 / 23

A working set is one of the sets listed on a workout page. Use practice sets as needed, then record your working results. A listed drop set stays attached to its parent set.

Last-set rule: on every exercise, stop the earlier sets 1–2 reps short. On machines, cables, the Smith machine, assisted pull-ups, chest-supported rows and supported dumbbell work (curls, raises, flies, bench-supported rows), take the last set to failure, because the machine, pad or bench catches the weight. On barbell lifts, dumbbell presses, weighted pull-ups and dips, standing dumbbell leg and hinge work and the trap bar, stop the last set with 1 clean rep left. Core work is not taken to failure.

READ THE ROW

Tempo lists lower, pause, lift, pause. RPE is effort on a 1 to 10 scale. A dash under rest connects movements with the same letter; rest after the last exercise in the group.

TRACK YOUR SESSION

Each S1, S2, and S3 box records one set: write weight × completed reps, such as 80 × 12. For carries, write weight × distance. Record a useful setup or adjustment below.

Reading pages are portrait. Rotate your device or printed book 90 degrees for the landscape workout sheets.



OPTIONS FOR THE SAME MOVEMENT

Choose one option when equipment or setup differs; keep the listed sets and rep range.

LISTED EXERCISE	OPTION
Machine Chest Press	Barbell Bench Press
Chest-Supported T-Bar Row	Chest-Supported Dumbbell Row
Lying Leg Curl	Seated Leg Curl
Hip Thrust	Hip Thrust Machine

ONE CHOICE REPLACES ONE EXERCISE. IT DOES NOT ADD SETS.

WORKOUT 1 / UPPER A

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Cable Fly Last set: to failure.	3	12–15	2-1-2-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Machine Chest Press* Last set: to failure.	3	8–12	2-1-1-0	8–9, last set 10	90 sec	barbell bench press is an option; use the machine if fatigue affects control.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Reverse-Grip Cable Pullover* Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	60 sec	Use an EZ-bar or two long nylon cable handles.	S1 S2 <input type="text"/> <input type="text"/>
D1	Chest-Supported T-bar Row Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	EZ-bar Upright Row* Last set: stop with 1 clean rep left.	2	12–15	2-1-1-0	8–9, last set 9	60 sec	Comfortable grip; bar toward chin, elbows up and out.	S1 S2 <input type="text"/> <input type="text"/>
F1	Reverse Pec Deck / Rear-Delt Fly Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
F2	Dumbbell Lateral Raise Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
G1	Dumbbell Shrug Last set: to failure.	2	12–15	2-1-1-2	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
H1	Decline Oblique Twist*	3	10–12 /side	2-1-2-0	7	60 sec	Optional plate when the unloaded twist stays controlled.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 22

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 2 / LOWER A

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Hip Adductor Machine Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
A2	Hip Abductor Machine Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
B1	45-Degree Back Extension Last set: stop with 1 clean rep left.	2	12–15	2-1-1-1	8–9, last set 9	60 sec		S1 S2 <input type="text"/> <input type="text"/>
C1	Back Squat* Last set: stop with 1 clean rep left.	3	8–10	3-1-1-0	8–9, last set 9	90 sec	Optional 10-lb heel plates or wedges.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Bulgarian Split Squat Last set: stop with 1 clean rep left.	3	8–12/side	3-1-1-0	8–9, last set 9	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Lying Leg Curl Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
F1	Hip Thrust Last set: stop with 1 clean rep left.	3	8–12	2-1-1-1	8–9, last set 9	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
G1	Standing Calf Raise Last set: to failure.	3	12–15	2-1-1-2	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 21

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 3 / UPPER B

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Incline Smith Machine Press* Last set: to failure.	3	8–12	2-1-1-0	8–9, last set 10	90 sec	Use a modest incline.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Rope Straight-Arm Pullover Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Wide-Grip Lat Pulldown Last set: to failure.	3	8–12	2-1-1-1	8–9, last set 10	90 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Rope Triceps Extension Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D2	Cable Hammer Curl Last set: to failure.	3	12–15	2-1-1-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Machine Rear-Delt Fly Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
F1	Smith Machine Shoulder Press* Last set: to failure.	2	8–12	2-1-1-0	8–9, last set 10	90 sec	Bench just short of upright.	S1 S2 <input type="text"/> <input type="text"/>
G1	Cable Crunch	5	12–15	2-1-1-1	7	60 sec		S1 S2 S3 S4 S5 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 24

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 4 / LOWER B

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Trap-Bar Deadlift* Last set: stop with 1 clean rep left.	3	8–12	2-1-1-0	8–9, last set 9	2 min	Optional: elevate heels on 10-lb plates or wedges.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Leg Press – Feet High on Footplate* Last set: to failure.	3	10	2-1-1-0	8–9, last set 10	–	Start each high/mid/low round.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B2	Leg Press – Feet Mid on Footplate Last set: to failure.	3	10	2-1-1-0	8–9, last set 10	–		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B3	Leg Press – Feet Low on Footplate* Last set: to failure.	3	10	2-1-1-0	8–9, last set 10	2 min	30 total reps per round; rest after low feet.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Leg Extension Last set: to failure.	3	12–15	2-1-2-1	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Trap-Bar Farmer Walk	3	25–30 m	Controlled	7–8	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
E1	Roman Chair Knee Raise	5	12–15	2-1-1-0	7	60 sec		S1 S2 S3 S4 S5 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 23

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



KEEP A RECORD YOU CAN USE

Log completed sessions, useful setups, and one adjustment for next time.

DATE	WORKOUT	BEST MOVEMENT / SETUP	NEXT TIME

Which exercise gave the best contraction, activation, or pump?

What load, rep, or setup will you repeat or change next time?

FOUNDATION FORMATS: 2 / 3 / 4 / 5 / 6 DAYS + TRAVEL