PA STRENGTH

4-DAY SPLIT: HEAVY + PUMP

STRENGTH GUIDE

W08

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YOUR TRAINING WEEK

4-Day Protocol: Heavy + Pump (Heavy Main Lifts and a Pump Finish)

DAY	SESSION	FOCUS
MON	DAY 1	LEGS
TUE	DAY 2	Chest & Biceps
WED	REST	RECOVER
THU	DAY 3	Back & Traps
FRI	DAY 4	Shoulders, Triceps & Core
SAT	REST	RECOVER
SUN	REST	RECOVER

WHAT THIS SHOWS

This plan uses its own set style inside a familiar split. The weekly calendar shows one way to arrange the days.

SETS + REPS

Heavy + Pump changes how loads and reps are organized. Read the exact sets and reps in each row; the next page explains the terminology.

LOG EVERY SET

Every listed set counts. In each S1, S2, and S3 box, write weight × completed reps, such as 80 × 12. For carries, use weight × distance.

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

HOW THE SET IS FINISHED

These are examples of training styles. Follow the exact sets and reps in each workout row.

01 PYRAMID

Example: 4 sets at 12 / 10 / 8 / 6 reps. Add load as reps fall; finish with the heavier set.

02 REVERSE PYRAMID

Example: 3 sets at 5–6 / 7–8 / 9–10. Warm up, work heaviest first, then lower the load each set (a common guideline is about 10%).

03 HEAVY + PUMP

Example: 4 + 1 sets. Complete four heavy sets, then one lighter pump set (a common guideline is about 60% of working load).

04 DESCENDING

Example: 4 sets at 20 / 15 / 10 / 8. Add load each set; the final set may have one drop when marked.

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

STRAIGHT SETS Repeat the listed rep range across the listed sets.

DROP SET After the last set, lower the load (a common guideline is 20–25%) and continue. Up to two drops where printed.

SUPERSET Finish the first movement, then the paired slot without rest. Rest after the last slot.

RPE Effort scale: 8 means roughly two reps left; 9 means roughly one.

TEMPO Four numbers: lower, bottom pause, lift, top pause (seconds).

SET LOG S1, S2, S3 each hold weight × completed reps; carries use weight × distance.

Each workout row tells you the exact sets and reps. An asterisk beside an exercise points to its special note.

DAY 1 / LEGS

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Leg Extension*	2	15	2-0-1-1	5–6	as needed	Light, controlled reps before squat.	S1 S2
B1	High-Bar Back Squat* Last set: stop with 1 clean rep left.	4 + 1	4–6 + 12–15	2-0-1-0	8–9, last set 9	2–3 min	Heavy + pump.	S1 S2 S3 S4 S5
C1	Romanian Deadlift* Last set: stop with 1 clean rep left.	3	6–8	3-0-1-0	8–9, last set 9	2 min	Straight sets.	S1 S2 S3
D1	Leg Press – Feet Mid on Footplate* Last set: to failure.	2	12–15	3-0-1-0	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
E1	Lying Leg Curl* Last set: to failure.	2	12–15	2-0-1-1	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
F1	Hip Adduction Machine Last set: to failure.	3	15	2-0-1-1	8–9, last set 10	60–90 s		S1 S2 S3
G1	Standing Calf Raise* Last set: to failure.	2	12–15	2-2-1-1	8–9, last set 10 + drops	60–90 s	Last-set drop. Pause 2 s in stretch; no bounce.	S1 S2

* See Special Notes

WORKING SETS 19

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

DAY 2 / CHEST & BICEPS

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Dumbbell Pullover	2	15	3-1-1-0	5–6	as needed		S1 S2
B1	Pec Deck Fly	2	15	2-0-1-1	5–6	as needed		S1 S2
C1	Flat Barbell Bench Press* Last set: stop with 1 clean rep left.	4 + 1	4–6 + 12–15	2-0-1-0	8–9, last set 9	2–3 min	Heavy + pump. Use spotter/safeties.	S1 S2 S3 S4 S5
D1	Incline Dumbbell Press* Last set: stop with 1 clean rep left.	3	6–8	3-0-1-0	8–9, last set 9	2 min	Straight sets.	S1 S2 S3
E1	Weighted Dip – Chest Lean* Last set: stop with 1 clean rep left.	2	12–15	3-0-1-0	8–9, last set 9	60–90 s	Use bodyweight if needed.	S1 S2
F1	Low-to-High Cable Fly* Last set: to failure.	2	12–15	2-0-1-2	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
G1	Barbell Curl Last set: stop with 1 clean rep left.	2	12–15	2-0-1-0	8–9, last set 9	60–90 s		S1 S2
H1	Incline Dumbbell Curl Last set: to failure.	2	12–15	3-0-1-0	8–9, last set 10	60–90 s		S1 S2
I1	Hammer Curl* Last set: to failure.	2	12–15	2-0-1-1	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2

* See Special Notes

WORKING SETS 22

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

DAY 3 / BACK & TRAPS

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Straight-Arm Cable Pulldown	2	15	2-0-1-1	5–6	as needed		S1 S2
B1	Deadlift (Conventional or Sumo)* Last set: stop with 1 clean rep left.	4 + 1	4–6 + 10	2-0-1-0	8–9, last set 9	2–3 min	Heavy + pump. Reset each rep. Straps okay.	S1 S2 S3 S4 S5
C1	Barbell Bent-Over Row* Last set: stop with 1 clean rep left.	3	6–8	2-0-1-1	8–9, last set 9	2 min	Straight sets.	S1 S2 S3
D1	Wide-Grip Lat Pulldown Last set: to failure.	2	12–15	3-0-1-1	8–9, last set 10	60–90 s		S1 S2
E1	Seated Cable Row – V-Bar* Last set: to failure.	2	12–15	2-0-1-2	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
F1	Dumbbell Shrug* Last set: to failure.	2	12–15	2-0-1-2	8–9, last set 10 + drops	60–90 s	Last-set drop. Straps okay. Hold top 2 s.	S1 S2
G1	45° Back Extension Last set: stop with 1 clean rep left.	3	12–15	2-0-1-2	8–9, last set 9	60–90 s		S1 S2 S3
H1	Hanging Knee-Up	3	12–15	2-0-1-1	8	60–90 s		S1 S2 S3

* See Special Notes

WORKING SETS 22

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

DAY 4 / SHOULDERS, TRICEPS & CORE

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Face Pull	2	15	2-0-1-1	5–6	as needed		S1 S2
B1	Standing Barbell Overhead Press* Last set: stop with 1 clean rep left.	4 + 1	4–6 + 12–15	2-0-1-0	8–9, last set 9	2–3 min	Heavy + pump.	S1 S2 S3 S4 S5
C1	Seated Dumbbell Shoulder Press* Last set: stop with 1 clean rep left.	3	6–8	3-0-1-0	8–9, last set 9	2 min	Straight sets.	S1 S2 S3
D1	Dumbbell Lateral Raise* Last set: to failure.	2	12–15	2-0-1-1	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
E1	Reverse Pec Deck* Last set: to failure.	2	12–15	2-0-1-2	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
F1	EZ-Bar Skull Crusher Last set: stop with 1 clean rep left.	2	12–15	3-0-1-0	8–9, last set 9	60–90 s		S1 S2
G1	Rope Pressdown* Last set: to failure.	2	12–15	2-0-1-1	8–9, last set 10 + drops	60–90 s	Last-set drop.	S1 S2
H1	Cable Crunch	3	12–15	2-0-1-1	8	-		S1 S2 S3
H2	Hanging Leg Raise*	3	10–15	2-0-1-1	8	90 s	Pair with previous slot.	S1 S2 S3

* See Special Notes

WORKING SETS 24

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

KEEP A RECORD YOU CAN USE

Record the best setup, completed session, and one useful adjustment

DATE	DAY	BEST MOVEMENT / SETUP	NEXT TIME

WHICH SET STYLE FELT MOST USEFUL? WHAT WOULD YOU CHANGE NEXT SESSION?