



BRF

4 Week Build

**YOUR STEP-BY-STEP
GUIDE TO BUILDING
LEAN MUSCLE AND
INCREASING TOTAL
BODY STRENGTH.**

DETAILED NOTES, ORGANIZED
RESOURCES, PROGRAMMING
THAT WORKS.

4-Week BUILD

This program isn't anything exceptional.

You won't find some heavily coveted fitness secret that only fitness professionals know about.

You won't find an ungodly amount of training volume or workouts designed to make you puke so that you can brag about it to your friends.

This program is built on the tried and true basic principles of strength training.

It might look easy.

It might get boring.

But if you want to increase lean muscle mass to look more toned, feel great doing normal day to day activities, and make your significant other's eyes light up when you get undressed, then you need to follow this program.

Program Notes

Warm-Up

You will do the same [warm-up](#) before every workout.

It's a full body warm-up that all my clients, my classes, and I do before every workout.

The Mobility Flow will do everything a good warm-up should: elevate your heart rate, improve mobility, and prime all the major muscle groups for your workout.

Once you've completed 3 rounds of the Mobility Flow you'll want to start to "grease the groove" of your main lift by hitting 2-3 sets at 50-60% building to the first working set percentage.

For example, if you're on Week 2 Bench Press your workout will look like this:

Bench Press 1RM (rep max) – 315lbs

Warm-Up Set 1: 10 x 50% x 155lbs

Warm-Up Set 2: 8 x 60% x 185lbs

Working Sets: 3 x 8 x 70% x 220lbs

Main Lift

The first exercise on your strength days will be the "main lift" of that workout.

This is where you want to spend most of your time and energy.

Make sure you allow yourself at least 3 minutes of rest between working sets to optimize the quality of each rep.

If you're running short on time and have to shorten your workout, sacrifice the accessory exercises and finisher but don't skip out on the main lift.

You'll see that you have the choice between a few different main lift exercise variations for each strength workout.

Pick one variation and use it for at least the full 4 week cycle. This allows your body to build the muscle memory it needs to adapt to the training stimulus and make consistent progress. Once you complete the 4 weeks with one variation you can test your 1RM and continue using the same variation or start a new 4 week cycle with another variation.

Accessories

The second and third exercises are listed as B1 and B2 and the fourth and fifth exercises are C1 and C2. That means these are to be done as a superset. A superset means you complete the first exercise and rest only as long as it takes you to set up for the second exercise. Once you've completed a set of both exercises then you will rest as needed 90-120s.

Similar to the main lift, I pick one exercise for each movement and use it for at least four weeks.

Day 1 and Day 5 accessory movements are both Press and Pull so make sure you choose different exercises for each day.

For example, if you do push-ups and pull-ups on Day 1, choose something like DB Bench Press and Bent Over Row for Day 5.

On Day 3 you have the choice between a Horizontal Press variation (Bench Press and Incline Bench Press) or Vertical Press variation (Strict Press and Push Press) as your main lift. Whichever variation you choose, make sure you include the opposite in your accessory exercises for Day 1 and Day 5.

For example, if you do Push Press as your Day 3 main lift, you will want to choose a horizontal press such as push-ups, DB Bench Press, or DB Incline Bench Press for your accessory movements on Day 1 and Day 5.

Finishers

Kettlebell Ladder – Do 10 kettlebell swings followed immediately by 10 kettlebell goblet squats, then do 9 reps of each, then do 8 reps of each, etc. until you hit 1 rep of each. Move as fast as you can, rest only briefly in the standing position, and don't put the kettlebell down. You'll want to aim to finish in under 5-minutes. Once you can finish the ladder in under 5-minutes, increase the weight.

Suggested Weights

Men – 24KG / 52lbs

Women – 16KG / 35lbs

TRX AMRAP – watch this [video](#) to see how it's supposed to be completed.

The workout is an AMRAP (As Many Rounds As Possible), but don't sacrifice quality for quantity. Move at a "grind" pace. This means you're not resting but you're moving consistently for the entire 10 minutes.

If you don't have access to a TRX, use a pull-up band and try this [finisher](#) instead.

EMOM – This finisher is an EMOM (Every Minute On the Minute) which means for the first 50s of the minute you're going to move at an active recovery pace, then the last 10s of the minute you'll sprint at max effort.

If your bike has a console, cycle through the settings until you see watts. This is how you measure your power output. You'll want to maximize your power output in the first round and then the goal is to keep it consistent across the next 9 rounds.

Ideally, you'll do this finisher of a fan bike like the Airdyne, but if you don't have access to one you can do sprints, use a normal workout bike, rower, ski erg, or kettlebell. If you're using the rowers you'll want to increase your work period to 15-20s and rest the remaining minute.

Conditioning

HIIT – After Mobility Flow, do some light jogging or walking for 2-5 minutes to ease into the workout. This is a HIIT (High Intensity Interval Training) workout and it will be one of the shortest workouts of the week but it should be the most intense. Similar to the Day 5 finisher every work period needs to be at max effort or you're selling yourself short.

LISS – This is a LISS (Low Intensity Steady State) or Zone 2 cardio workout which means you it will be the lowest intensity workout of the week. The objective here is to move consistently at a conversational pace for 30-45 minutes. On these days I prefer to do something low impact such as hiking, walking, swimming, or yoga.

Rest Days

I can't emphasize this enough: *you need to incorporate rest days.*

Rest days are critical to progress because resting gives your muscles time to rebuild after you just spent a week tearing it apart. Don't try and be a superhero and think you're beyond rest days. Professional lifters and athletes set aside entire weeks for resting because it is so vital to consistent progress.

Nutrition

This is not a weight loss program.

This is a get, "jacked out of my mind" program.

I realize that not everyone wants to look like He-Man or She Hulk, and trust me, you won't, but if you want to be stronger *AND* lean out you're going to need to eat in a caloric surplus.

That's right!

If you want to lean out you need to eat *MORE* calories.

How does that make sense?

Muscle burns calories automatically or while you're at rest.

So in order to increase lean muscle you need to eat more to properly fuel your muscles.

Your top priority should be increasing your protein intake to 0.75 – 1 gram of protein per pound of desired body weight.

The rest of your calories should come from whole food sources:

Protein – poultry, lean meat, fish, eggs, and dairy.

Carbohydrates – fruit, vegetables, rice, potatoes, sweet potatoes, oatmeal, and whole grains.

Fat – fatty meats, dairy, avocado, seeds and nuts, olive oil, and butter.

Sleep

The last but definitely not least component to making consistent progress on this program is to get sufficient sleep each night.

I know that's a lot easier said than done but just like rest days, sleeping at night is essential to your progress because while you're asleep your muscles are rebuilding.

Conclusion

This program is labeled as "4-weeks" but you could use this template for the rest of your training career and continually see progress (that's what I do!).

After the first four week cycle of training, take a week off of training or switch it up and do more light cardio or other type of fitness.

Then either try to PR on the main lifts you used during the previous 4 weeks and run the program again using those main lifts or choose new main lifts and accessory lifts and run the program for another 4 week cycle.

Rinse and repeat for the rest of your life and I guarantee you will get bigger, stronger, and leaner.

Enjoy A Fine Day,

A handwritten signature in black ink, appearing to read "Bob", with a long horizontal stroke extending to the right.

Day 1			Day 2			Day 3		
Full Body Strength (Squat Focus)			HIIT			Full Body Strength (Press Focus)		
Movement	Sets x Reps	Exercise Selection	Movement	Sets x Reps	Exercise Selection	Movement	Sets x Reps	Exercise Selection
Warm-Up	3 Rounds	Mobility Flow	Warm-Up	3 Rounds	Mobility Flow	Warm-Up	3 Rounds	Mobility Flow
A	Squat	Week 1: 3x10 x 60% Week 2: 3x8 x 70% Week 3: 3x5 x 80% Week 4: 3x3 x 85%	Sprint	10 Rounds Max Effort x 20s Rest x10s 8 Rounds Max Effort x 20s Rest x 10s Rest x 1-min 6 Rounds Max Effort x 20s Rest x 10s Rest x 1-min 4 Rounds Max Effort x 20s Rest x 10s Rest x 1-min 2 Rounds Max Effort x 20s Rest x 10s	Hill Sprints Bike Sprints Airdyne Bike Rower Ski Erg Etc.	Press	Week 1: 3x10 x 60% Week 2: 3x8 x 70% Week 3: 3x5 x 80% Week 4: 3x3 x 85%	Bench Press Incline Bench Press Push Press Strict Press
B1.	Press	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax				Lunge	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Walking Lunge Split Squat Step Up
B2.	Pull	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax				Hinge	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	SLRDL SL Hip Thrust SL Leg Curl
C1.	Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax				Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Dead Bug Body Saw Rollout Reverse Crunch Leg Lift Farmer's Carry
C2.	Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax				Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Russian Twist Paloof Press Paloof Rotation Stir-the-Pot Half Kneeling Lateral Raise Wood Chop
D.	Finisher	10-9-8-7-6-5-4-3-2-1				Finisher	10-Min AMRAP	TRX Inverted Row x 5 TRX Face Pull x 5 TRX Curl x 5

Day 4			Day 5			Day 6	Day 7
LISS			Full Body Strength (Hinge Focus)			Rest	Rest
Movement	Sets x Reps	Exercise Selection	Movement	Sets x Reps	Exercise Selection		
Warm-up	3 Rounds	Mobility Flow	Warm-Up	3 Rounds	Mobility Flow		
A	Walk	30-45 min Easy pace	Walk Hike Swim Bike	Hinge	Week 1: 3x10 x 60% Week 2: 3x8 x 70% Week 3: 3x5 x 80% Week 4: 3x3 x 85%	Deadlift Trap Bar Deadlift Sumo Deadlift RDL	
B1.				Press	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Push-Up Dip DB Bench Press DB Incline Bench Press DB Strict Press DB Push Press Landmine Push Press	
B2.				Pull	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Pull-Up Chin-Up Inverted Row Lat Pull Down Face Pull Chest Supported Row Bent Over Row	
C1.				Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Dead Bug Body Saw Rollout Reverse Crunch Leg Lift Farmer's Carry	
C2.				Core	Week 1: 3x10 Week 2: 4x10 Week 3: 5x10 Week 4: 2xmax	Russian Twist Paloof Press Paloof Rotation Stir-the-Pot Half Kneeling Lateral Raise Wood Chop	
D.				Finisher	10-Min EMOM Active Recovery x 50s Max Effort x 10s	Airdyne Sprints	