

4-Day Metabolic Bodybuilding Program

- This is a hybrid-training program. The goal of this program is hypertrophy and conditioning.
- This program utilizes quad-plexes (1a, 1b, 1c, 1d). Exercises in quad-plexes are to be done together as one set with little to no rest between each exercise. The exercises are sequenced in such a way that O2 should be consistent through each day of the program.
- Take normal post set rest, after the completion of one quad-plex (2-3 minutes). Complete all sets of each quad-plex before doing the next.
- Perform a GENERAL warm up, lasting 5-8 minutes, consisting of: Ankle Pops, Butt Kicks, MB Frontal Plane Circles, Arm Circles, Unloading Knees, Scarecrow, Lateral Shuffle, Limited ROM Push Ups, or any type of general warm up of arm swings, leg swings, reaching, bending and light twisting
- The first quad-plex of each day includes a couple of progressively increased intensity of warm up sets. Feel free to add an extra set or two of warm ups, which **do not** count toward the total. That includes for the auxiliary movements as well.
- Follow a 2 days on, 1 day off, 2 days on, 2 day off format.
- Yoga can be incorporated on days off.
- Follow the rules at the end of each day for exercise selection.
- Sample Workouts are supplied below as well.

Key

BB = Barbell

DB = Dumbbell

SB = Stability Ball

MB = Medicine Ball

BW = Bodyweight

M = Max

EL = Each Leg

EA = Each Arm

ES = Each Side

EW = Each Way

Day 1

Quad-Plex #1

- | | | |
|-----|---|---------------|
| 1a) | Any Loaded or Compound Chest Exercise | 4-5 X's 6-8 |
| 1b) | Any Unloaded or Isolation Back Exercise | 4-5 X's 10-15 |
| 1c) | Any Loaded Bicep Exercise | 4-5 X's 8-10 |
| 1d) | Any Abs Exercise | 4-5 X's 12-M |

Quad-Plex #2

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|-----|---|---------------|
| 2a) | Any Loaded or Compound Chest Exercise | 3-4 X's 8-10 |
| 2b) | Any Unloaded or Isolation Back Exercise | 3-4 X's 10-15 |
| 2c) | Any Loaded Bicep Exercise | 3-4 X's 10-12 |
| 2d) | Any Abs Exercise | 3-4 X's 12-M |

Quad-Plex #3

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|-----|---|---------------|
| 3a) | Any Loaded or Compound Chest Exercise | 3-4 X's 10-12 |
| 3b) | Any Unloaded or Isolation Back Exercise | 3-4 X's 12-15 |
| 3c) | Any Loaded Bicep Exercise | 3-4 X's 10-12 |
| 3d) | Any Ab Exercise | 3-4 X's 12-M |

Back Exercises

- Recline/TRX Pull Ups or Recline Pulls
- DB Straight Arm Pullovers or Pullover Machine
- Cable Straight Arm Pulldowns
- Supported Seated Rows
- Any Pulldown Variations – Close Grip, Reverse Grip, Wide Grip to front or back
- Chins

Abs Exercises

- SB Leg Raises
- Alt. Chopper Sit Ups
- Leg Climbs
- SB Crunches
- Lying Leg Raises
- SB Full Sit Up w MB
- Alt. Knee To Elbow Crunch on Bosu
- Hanging Leg Raises/Crunches
- Rope Crunches or Any Weighted Crunch
- Bicycle Abs
- MB or DB Russian Twists

Day 1 RULES:

- Use any presses for exercise “a)” of each quad-plex (flat, incline, DB or BB, machine, etc.)
- No heavy loaded back emphasis on day 1. (No bent rows, no T-bar rows, no Deadlifts, etc.)