

**4 Week**

**Muscle Building**  
**&**  
**Strength Program**

*By: Luis Carrillo*

# Intro:

This is a 4 week long workout program consisting of 3 workouts per week that shouldn't take more than 1hr.

You will be doing the same 3 workouts each week, but the goal is to increase the weight on the first exercise.

If the workout looks too basic, it's because it is. There is nothing fancy here - just exercises that produce results...

so lets begin!

Here is an outline of the workout with sample days (feel free to pick a different starting day but keep the same workout/rest ratio)

**Monday: Bench Press + Pull Ups**

*Tuesday: Rest Day*

**Wednesday: Squats & Handstands**

*Thursday: Rest Day*

**Friday: Overhead Press + Inverted Rows**

*Saturday & Sunday: Free Days*

- *Take it as a rest days, do some conditioning work or play a sport (basketball, soccer, swimming, etc) - It's all up to you.*

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*It's a very simple split & this is how the workouts are structured:*

***#1)***

*Main Weighted Compound Exercise 5x5  
Super-Set w/  
Bodyweight Antagonist Exercises 5x5*

***#2)***

*Accessory/weak area work (bodybuilding tempo) 4x8*

***#3)***

*Conditioning Finisher*

*It's a very simple structure but it works  
(like I said, nothing fancy)*

**Before we get to the workouts, here is a note:**

*The exercises alone won't get you results, you must do them with **intensity** - always use challenging weights that will allow you to do the prescribed number of reps with good form but don't undershot yourself*

*If you train hard, you will get results.*

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*My **second note** is to make sure that you always warm up (take about 8-10 min & get your body peeped for battle & prevent injuries that will set you back)*

*For your main lifts (squats, bench & overhead presses) do 3 warm up sets*

*with lighter weights to practice technique & prepare yourself for the 5x5 sets.*

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Whenever you see **1A ) &1B)** in the workout that **means a superset** (so do one exercise, followed by the next & then rest)

*I did not write any rest times, but keep them to less than a 1 min in order to maintain a high intensity.*

- \* For the first superset feel free to take 2 min of rest in order to regain your strength.*
- \* If any of the exercises are too simple (like the push ups, lunges or pull ups) feel free to add weight in order to make them harder.*

***That's it, here are the workouts...***

# Day 1: Bench & Pull Ups

*1A) Bench Press 5x5*

*1B) Pull Ups 5x5*

*(Feel free to add weight)*

*2A) Overhead Press 4x8*

*2B) Dumbbell 1 arm Row 4x8*

*(Feel free to use a kettlebell or barbell)*

*3A) Push Ups 4x8*

*3B) Inverted Rows 4x8*

*(Do them on rings or a bar)*

*4) Sprint/Jog x half a mile or do 10sec  
sprint/10 sec jog x 6*

# **Day 2: Squats & Handstands**

*1A) Squats 5x5*

*1B) HS or HSPU 5x5*

*(Handstand Holds or Handstand Push Ups)*

*2A) Lunges 4x8*

*2B) Dips 4x8*

*(Feel free to add weight & do the dips on parallel bars or rings)*

*3A) Towel Curls 4x8*

*3B) Toes to bar 4x8*

*(You can do regular barbell or dumbbell cur & if toes to bar are difficult do leg raises)*

*4) Jog x 1 mile*

## **Day 3: Overhead Presses & Inverted Rows.**

***1A) Overhead Press 5x5***

*(With a barbell or sandbag)*

***1B) Inverted Rows 5x5***

*(Use rings or a bar)*

***2A) Front Squat 4x8***

***2B) Push Ups 4x8***

*(Use a kettlebell, rock, plate or barbell for the squats)*

***3A) Chin Ups 4x8***

***3B) Heavy Sandbag Bear Hugs or Farmer Walks 4x45sec***

***4) Kettlebell swings x 100 (as many sets as it takes)***

*(Optionally do jump rope for 150 jumps if no KB access)*

## Intensity

*The last thing I want to leave you with is the amount of effort & maxes you should use during the workouts*

- ***Week 1: Sub-Maximal reps*** (leave 1 or 2 in the tank before you max out)
- ***Week 2: Sub-Maximal reps***
- ***Week 3: Sub-Maximal reps***
- ***Week 4: Max out & break records***

This applies to the first superset during your workouts which should be your main priority week by week. (Make sure the numbers are going up on your 1st exercise.)

*So by the end of the month you should be squatting, benching & over head pressing **heavier weights** than what you started with.*

**So there you have it - the simple workout that will bring you results if you put in the work...**

*If at any point you feel like doing an extra set of squats (for example) after the 5x5 - DO IT! ...but remember that week 4 is when you should max out...for weeks 1-3 do sub-max reps (this will keep you fresh & will help you practice good technique in the exercises)*

But that's it. Attack this workout for a month, take a deload week on week 5 & start it again or start another program. (your choice)

You will get results if you put in the work.

*If you have any questions feel free to email me: [beastlifestyle@gmail.com](mailto:beastlifestyle@gmail.com)*



***Attack Life & Get Stronger***

***- Luis Carrillo***

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