

# 4-Week Physique

Duration : 4 Week(s) - 期間  
 Workout Per Week : 4 workouts - 頻度/週  
 Equipment Needed : Full Gym - 設備  
 Category : Mass & Fat Loss - カテゴリー

Mass on Glute/Thigh/Shoulder while high volume on other major muscles with cardio to burn fat.

## Full Workout Calendar / ワークアウトスケジュール

Day	Duration	Theme	Target	Note
1	Rest			
2	40 Min	Strength	Legs	
3	40 Min	Strength	Shoulder	
4	30 Min	Endurance	Active Rest, Cardio	
5	40 Min	Strength	Legs	
6	40 Min	Strength	Back, Shoulder	
7	60 Min	All Components		With Tudor's
8	Rest			
9	40 Min	Strength	Legs	
10	40 Min	Strength	Shoulder	
11	30 Min	Endurance	Active Rest, Cardio	
12	40 Min	Strength	Legs	
13	40 Min	Strength	Back, Shoulder	
14	60 Min	All Components		With Tudor's
15	Rest			
16	40 Min	Endurance	Legs	
17	40 Min	Endurance	Shoulder	
18	30 Min	Endurance	Active Rest, Cardio	
19	40 Min	Endurance	Legs	
20	40 Min	Endurance	Back, Shoulder	
21	60 Min	All Components		With Tudor's
22	Rest			
23	40 Min	Endurance	Legs	
24	40 Min	Endurance	Shoulder	
25	30 Min	Endurance	Active Rest, Cardio	
26	40 Min	Endurance	Legs	
27	40 Min	Endurance	Back, Shoulder	
28	60 Min	All Components		With Tudor's

## Training Record / レコード記入欄

Upon your convenience, use the record below to track your performance / 必要に応じてパフォーマンスの記録をとっていきましょう。

	W1	W2	W3	W4	
Target / Date					
Shoulders (cm)					
Waist (cm)					
Hips (cm)					
Thighs (cm)					
Weight (kg)					
Diet (kcal)					
Protein (g)					

# Day 1 - Day 7

Reps : Repetitions, RM : Rep Max, XXkg/YYkg : Completing one set with XXkg then another with YYkg.  
 Reps : 回数を表します。RMは最大努力での回数を表します。XXkg/YYkg : セットが進むごとに重さを変えます。

**Compound Set/Super Set/Circuit Set : Complete All Coloured Exercises Before Rest.**

## Quick Tip →

Mid range reps will help you to build mass on your targetted muscle whilst burning calories. Make sure to keep the good form otherwise reduce weight when doing RM sets. At the end of your workout even bodyweight or light weight (4-6kg) should feel heavy, which means you've done a day! :)

Day 1			
Rest, .			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 2			
40 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Rep to Your 12RM Weight	12 RM	
Plate Alt. Reverse Lunge		10 Reps (11)	Use 10kg+ Plate, 3 Sets
Machine Leg Curl		12 RM 3 Sets	
Machine Leg Extension		12 RM 3 Sets	
Day 3			
40 Min, Strength, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Incline Barbell Bench Press	5 Rep to Your 12RM Weight	12 RM 3 Sets	
Seated Barbell Shoulder Press	20 Reps The Shoulder Joint Routine	12 RM 3 Sets	Change to dumbbells if the bar is too heavy.
Dumbbell Front Raise		12 RM	
Dumbbell Side Raise		12 RM	
Dumbbell Rear Raise		12 RM	3 Sets
Day 4			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h @ 1-3%	30 Min Cardio Programme	30 Sec Push → 90 Sec Base : Complete 15 Rounds
Day 5			
40 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Rep to Your 12RM Weight	12 RM 3 Sets	
Barbell Hip Thrust		12 RM 3 Sets	
Day 6			
40 Min, Strength, Back, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Clean & Press	20 Reps The Shoulder Joint Routine	12 RM	
Standing Barbell Shoulder Press	15kg/20kg 10 Reps 2 Sets	12 RM	3 Sets
Standing Dumbbell Shoulder Press		12 RM	Use seated form if the back hurts (abs should be braced)
Kneeling Dumbbell Arnold Press		12 RM	Use seated form if the back hurts (abs should be braced)
Day 7			
60 Min, All Components,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT

## References:

RM Calculator



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QR Code 8

The Shoulder Joint Routine

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QR Code 4

QR Code 5

QR Code 6

QR Code 7

QR Code 8

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QR Code 2

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QR Code 5

QR Code 6

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Simplified Clean & Press

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<https://www.youtube.com/watch?v=ukDy1VbucxM>

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# Day 8 - Day 14

**Quick Tip** →

The mirroring workouts makes it possible to feel the improvement in your form/performance. Check the previous week's weight you opted to swiftly getting on your RM sets with an adequate weight selection. Ask your trainer if you're unsure if you are doing the exercises with a proper form.

Day 8			
Rest, ,			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 9			
40 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Reps to Your 12RM Weight	12RM	
Plate Alt. Reverse Lunge		10 Reps (11)	Use 10kg+ Plate, 3 Sets
Machine Leg Curl		12RM 3 Sets	
Machine Leg Extension		12RM 3 Sets	
Day 10			
40 Min, Strength, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Incline Barbell Bench Press	5 Reps to Your 12RM Weight	12RM 3 Sets	
Seated Barbell Shoulder Press	20 Reps The Shoulder Joint Routine	12RM 3 Sets	Change to dumbbells if the bar is too heavy.
Dumbbell Front Raise		12RM	
Dumbbell Side Raise		12RM	
Dumbbell Rear Raise		12RM	3 Sets
Day 11			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min. 5.5-7km/h @ 1-3%	30 Min Cardio Programme	30 Sec Push → 90 Sec Base : Complete 15 Rounds
Day 12			
40 Min, Strength, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Reps to Your 12RM Weight	12RM 3 Sets	
Barbell Hip Thrust		12RM 3 Sets	
Day 13			
40 Min, Strength, Back, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Clean & Press	20 Reps The Shoulder Joint Routine	12RM	
Standing Barbell Shoulder Press	15kg/20kg 10 Reps 2 Sets	12RM	3 Sets
Standing Dumbbell Shoulder Press		12RM	Use seated form if the back hurts (abs should be braced)
Kneeling Dumbbell Arnold Press		12RM	Use seated form if the back hurts (abs should be braced)
Day 14			
60 Min, All Components,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT

**References:**

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# Day 15 - Day 20

**Quick Tip** →

On this Endurance week, you would have less recovery time to keep the heartrate high in which will enable you to burn more calories. Also your target RM increases as you are advised to select lighter weights. Make sure to be well hydrated and maintain proper forms.

Day 15			
Rest, ,			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 16			
40 Min, Endurance, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Reps to Your 20RM Weight	20 RM	
Alt. Jumping Lunge		10 Reps (ttl)	Use bodyweight, 3 Sets
Dumbbell Squat Jack		10kg/10kg/8kg/8kg, 10 Reps	
Dumbbell Squat		10kg/10kg/8kg/8kg, 10 Reps	4 Sets
Day 17			
40 Min, Endurance, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Incline Barbell Bench Press	5 Reps to Your 20 RM Weight	20 RM 3 Sets	
Seated Barbell Shoulder Press	20 Reps The Shoulder Joint Routine	20 RM 3 Sets	Change to dumbbells if the bar is too heavy.
Dumbbell Front Raise		20 RM	
Dumbbell Side Raise		20 RM	
Dumbbell Rear Raise		20 RM	3 Sets
Day 18			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h @ 1-2%	15 Min Cardio Programme	30 Sec Push + 90 Sec Base : Complete 8 Rounds
Bike		15 Min Cardio Programme	30 Sec Push + 90 Sec Base : Complete 7 Rounds
Day 19			
40 Min, Endurance, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Reps to Your 20 RM Weight	20 RM 3 Sets	
Jump Squat		20 Reps	Use Body Weight
Dumbbell Reverse Lunge		10 RM each	3 Sets
Day 20			
40 Min, Endurance, Back, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Clean & Press	20 Reps The Shoulder Joint Routine	12 RM	
Standing Barbell Shoulder Press	15kg/20kg 10 Reps 2 Sets	20 RM	3 Sets
Standing Dumbbell Shoulder Press		20 RM	Use seated form if the back hurts (abs should be braced)
Kneeling Dumbbell Arnold Press		20 RM	Use seated form if the back hurts (abs should be braced)
Day 21			
60 Min, All Components,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT

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# Day 22 - Day 28

**Quick Tip →**

On this Endurance week, you would have less recovery time to keep the heart rate high in which will enable you to burn more calories. Also your target RM increases as you are advised to select lighter weights. Make sure to be well hydrated and maintain proper forms.

Day 22			
Rest, ,			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 23			
40 Min, Endurance, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Rep to Your 20RM Weight	20 RM	
Alt. Jumping Lunge		10 Reps (ttt)	Use bodyweight, 3 Sets
Dumbbell Squat Jack		10kg/10kg/8kg/8kg, 10 Reps	
Dumbbell Squat		10kg/10kg/8kg/8kg, 10 Reps	4 Sets
Day 24			
40 Min, Endurance, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Incline Barbell Bench Press	5 Reps to Your 20 RM Weight	20 RM 3 Sets	
Seated Barbell Shoulder Press	20 Reps The Shoulder Joint Routine	20 RM 3 Sets	Change to dumbbells if the bar is too heavy.
Dumbbell Front Raise		20 RM	
Dumbbell Side Raise		20 RM	
Dumbbell Rear Raise		20 RM	3 Sets
Day 25			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h @ 1-2%	30 Min Cardio Programme	30 Sec Push - 90 Sec Base - Complete 15 Rounds
Day 26			
40 Min, Endurance, Legs			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Barbell Squat	5 Rep to Your 20 RM Weight	20 RM 3 Sets	
Jump Squat		20 Reps	Use Body Weight
Dumbbell Reverse Lunge		10 RM each	3 Sets
Day 27			
40 Min, Endurance, Back, Shoulder			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Clean & Press	20 Reps The Shoulder Joint Routine	12 RM	
Standing Barbell Shoulder Press	15kg/20kg 10 Reps 2 Sets	20 RM	3 Sets
Standing Dumbbell Shoulder Press		20 RM	Use seated form if the back hurts (abs should be braced)
Kneeling Dumbbell Arnold Press		20 RM	Use seated form if the back hurts (abs should be braced)
Day 28			
60 Min, All Components,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT
Well done!			

**References:**

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