

Workout Week 4 Workout Number 2 and 4

Building a Better Body the All-Natural Way.

By Wade McNutt

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Exercises

1. Leg Extensions	5 Sets	15,12,10,8,12-15 reps
2. Leg Curls Lying Prone	5 Sets	15,12,10,8,12-15 reps
3. Leg Press	5 sets	15,12,10,8,12-15 reps
4. Toe Press (on leg press machine)	5 sets	15,12,10,8,12-15 reps
5. Triceps Pushdowns	5 sets	12,10,8,6,10-12 reps
6. Seated Incline Db curls	5 sets	12,10,8,6,10-12 reps
7. Lying Triceps Extension	5 sets	12,10,8,6,10-12 reps
8. Close grip E-Z bar curls (or barbell)	5 sets	12,10,8,6,10-12 reps
9. Dips (or between bench dips)	5 sets	12,10,8,6,10-12 reps
10. Hammer curls	5 sets	12,10,8,6,10-12 reps
11. Wrist curls	5 sets	15-20 reps
12. Reverse wrist curls	5 sets	15-20 reps
13. Crunches	3 sets	15-25 reps
14. Reverse Crunches	3 sets	15-25 reps
15. Leg raises	3 sets	10-25 reps

In this routine you will be working out 5 sets per exercise (excluding abs). However we will be performing more total sets for each body part. We also split the body in half and work it out over two days.

Note this weeks workouts have you performing a descending pyramid, where you increase the weights on each set for the first 3 sets. Then on the 4th set you decrease the weight to enable you to reach the desired repetition count.

Again I perform my workouts in a slow superset style, which means I take about a 30 second to 45 second rest between the first two exercises. I go back and forth between the two exercises until the desired number of sets are reached and then move on to the next two exercises.

This speeds the workout and keeps one mentally engaged. I like the pace of the workout and it allows you to get more done in less time. That means no time for chit-chat. It's all business until the last set is complete. You will notice that the workout will take a bit more time than last week due to the increased volume of sets.

This workout you will perform on workout day number 2 and workout day number 4. That means you will perform this workout twice during this week

After that you will have 2 full rest days to recover and then we repeat the cycle next week. However next week you will be adding another set to each exercise and the rep ranges will change slightly for the ultra advanced training.

Note if you found the 3 or 4 sets per exercise difficult you can stay with that next week as well. Never do more than your body can handle. As you build momentum in your training and your eating plan you can then work yourself harder but remember. Building a truly impressive physique naturally takes time. There is no reason to make your workouts a drudgery. Ideally you finish workouts feeling elated and pumped as opposed to tired and drained.

Again the last reps of each set should be difficult but not taken to failure. The volume of training will take care of the results.

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