



Main goal : Build Muscle
Training level : Intermediate - Split
Program duration : 12 Weeks
Days per week : 4 Days
Time per workout : 60 Mnutes
Equipments : Barbell, Cables, Dumbbells, EZ Bar, Machines
Client : Male & Female



4 Day Power Muscle Burn Workout Split

Main Goal

This building workout is designed to maximize progression and muscle gains by hitting each muscle group with power sets, muscle sets and burn sets.

Workout Schedule

Day 1 - Saturday : Chest and Biceps
Day 2 - Sunday : Off
Day 3 - Monday : Quads and Hamstrings
Day 4 - Tuesday : Shoulders and Triceps
Day 5 - Wednesday : Off
Day 6 - Thursday : Back, Calves and Abs
Day 7 - Friday : Off

Workout Description

Back in 1986 my mentor, Dr. Mike, taught me to train in multiple rep ranges. I was young, trusting and did what he said. After all, Dr. Mike was a big natural bodybuilder. And he was a professor. It just made sense to do what he said. Over the next 3 years I used his style of training and made amazing progress. I continued to use Dr Mike's training philosophies for nearly a decade, and they never let me down. This style of lifting made me big and strong. What more could you ask for?

This workout is based on the Dr. Mike system. I have tweaked it a bit over the years. I hope that you find some use for it, and if you do end up running it for 10+ years...well, feel free to make changes. No system is perfect unless you adapt it to your individual needs.

Dr. Mike was ahead of his time. He approached training routine design from a scientific standpoint in an era where everything was Weider Principles this and Weider Principles that. Simply stated, muscles tend to respond differently to different rep ranges. Dr. Mike believed that by training in all reasonable rep ranges, you could maximize muscle hypertrophy while boosting strength. This approach worked for me, and I hope it works for you.



The Power Muscle Burn System

My Power Muscle Burn training system will help you build muscle and strength by focusing on three different training approaches, all used in the same workout. You will be performing the following types of sets for each muscle group:

Power. You will perform power sets to lead off the workout. Power sets are performed in the 3 to 5 rep range. Use the same weight for each of the sets. When you can perform 5 reps for all power sets, move up in weight. Major muscle groups will perform 2-4 power sets per workout, and minor muscle groups will perform 2 power sets per workout. Please note that for some minor muscle groups, power sets do not make sense, or they are not realistic. For example, it is difficult to perform extremely heavy resistance abdominal sets.

Muscle. Muscle sets are performed in the 6 to 12 rep range. Use the same weight for each of the sets. When you hit the upper rep limit of 12 for all muscle sets, move up in weight. Major muscle groups will perform 4-6 total muscle sets in each workout, using 2 different exercises. Minor muscle groups will perform 2-4 total muscle sets in each workout, using 1 to 2 exercises. You can also perform a single exercise for 3 sets.

Burn. You will perform 1-2 burn sets for each muscle group - generally using isolation movements. Pick a weight that allows you to hit 15 to 20 reps, and then perform 40 total reps. How? Do as many reps as possible, then take a slight rest and perform more reps. Rest only long enough to regain the energy and willpower to perform 1 to 3 more reps. Keep pushing yourself through the pain until you hit 40 total reps. When you can hit 25+ reps from the start without stopping, add weight. Major muscle groups will utilize 2 burn sets, minor muscle groups will use 1-2 burn sets.

Power Muscle Burn Notes

Failure - I do not recommend training to failure. Try to perform each set until you feel like you may fail on the next rep, then stop. It's ok if you occasionally fail on a set, but do not purposely try to train to failure on every set.

Progression - You must have the goal of progressing on every set of every workout. Sets performed with a half-hearted effort are wasted. If you lack energy or are pressed for time, it's better to perform fewer quality sets than it is to waste sets.

Splits - You can split this system numerous ways, but remember that training more than 4 days per week is generally not beneficial for natural bodybuilders. What is the best split? The one you will use and stick with.

Small Tweaks - What if I don't like training in the 6 to 12 rep range, and want to train in the 6 to 10 rep range? Then train in the 6 to 10 rep range. What if I don't like training in the 3 to 5 rep range? Then train in the 4 to 6 rep range. 40 burn reps are too difficult!? Then aim for 30 burn reps. Note: small tweaks are ok, as long as you are using the core mechanisms of this program. Don't obsess about the details - obsess about moving weight and getting bigger!

Alternating Exercises - It is not a bad idea to alternate exercises every other week. You can't possibly fit every exercise into every workout. For example: for muscle sets you could hit dumbbell bench presses one week and chest dips the next week.

Total Sets - It is better to start with the minimal amount of sets, and build in to this routine by adding sets if you find you need more work.

Calves - Please note that there are no power sets for calves. I am not convinced that calves respond effectively to lower rep training.

Quads - If you love pain, you can do a single 20 rep set of squats for your quad burn work.

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>



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Day 1 - Chest and Biceps

EXCERSICE	SETS	REPS
Bench Press - Power	4	3 to 5
Incline Bench Press - Muscle	2-3	6 to 12
Dumbbell Bench Press - Muscle	2-3	6 to 12
Dumbbell Flys - Burn	2	40
Pinwheel Curls - Power	2	3 to 5
Standing Barbell Curl - Muscle	2-3	6 to 12
Cable Preacher Curl - Burn	1-2	40

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Day 3 - Quads and Hamstrings

EXCERSICE	SETS	REPS
Squat - Power	4	3 to 5
Leg Press - Muscle	2-3	6 to 12
Front Squat - Muscle	2-3	6 to 12
Leg Press - Burn	2	40
Romanian Deadlift - Power	2-4	3 to 5
Romanian Deadlift or Leg Curl - Muscle	2-3	6 to 12
Leg Curl - Burn	1	40

Day 4 - Shoulders and Triceps

EXCERSICE	SETS	REPS
Seated Barbell Press - Power	4	3 to 5
Seated Arnold Press - Muscle	2-3	6 to 12
Barbell Front Raise - Muscle	2-3	6 to 12
Dumbbell Lateral Raise - Burn	2	40
Closegrip Bench Press - Power	2	3 to 5
Seated French Press - Muscle	2	6 to 12
EZ Bar Skullcrusher - Muscle	2	6 to 12
Cable Tricep Extension - Burn	1	40

Day 6 - Back, Calves, and Abs

EXCERSICE	SETS	REPS
Deadlift - Power	2-4	3 to 5
Barbell Rows - Muscle	2-3	6 to 12
Lat Pull Down - Muscle	2-3	6 to 12
Seated Cable Row - Burn	2	40
Seated Calf Raise - Muscle	2-3	10 to 15
45 Degree Calf Raise - Burn	2	40

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