

This is the 4-day split I used to win two lightweight Mid-USA titles in 1994 and 1995, completely steroid-free. I learned the foundation 35 years ago in Sports Medicine: Advanced Weightlifting Theory, Technique and Practice. I was never the largest man on stage. Symmetry won those titles.

Volume is 5 to 6 sets. That is the old-school load. Six sets is tough. I would only recommend that for a younger person. Over 40, never 6 sets. Five is plenty. If you want the version I use at 65 (never more than 3 sets, never below 8 reps, 90 seconds of movement instead of rest), print the other 4-Day Split sheet.

### 5 TO 6 SETS

Six sets is for the young. Over 40, stop at five. Write the weight or the band in the boxes.

### FOUR DAYS

Chest & Triceps. Traps & Shoulders.  
Back & Biceps. Legs. Rotate them.  
Overlap is the point.

### LEG DAY ADD-INS

After squats and lunges: Deadlifts, then  
Leg Press. Calves: 3 sets each, feet  
straight, toes in, and toes out.

## THE THREE CYCLES · 6 TO 8 WEEKS EACH

### 1 PURE STRENGTH

4 to 6 sets, 1 to 3 reps, 60 seconds rest. This is the classic. Heavy and honest.

### 2 MAXIMUM HYPERTROPHY

4 to 6 sets, 8 to 10 reps, 2 minutes rest. This is the size cycle.

### 3 INTERMEDIATE FIBERS

4 to 6 sets, 12 to 15 reps, 90 seconds rest. Time under tension. My favorite even then.

Print the day sheets. Fill the boxes. Change the cycle when you stop getting sore. This is a living system.

**CONTEST VOLUME. 5 TO 6 SETS. OVER 40: STOP AT 5. NEVER 6 SETS.**

Date \_\_\_\_\_ Cycle \_\_\_\_\_ Week \_\_\_\_\_ How I feel \_\_\_\_\_

| EXERCISE                                                              | SET 1 | SET 2 | SET 3 | SET 4 | SET 5 | SET 6 | NOTES |
|-----------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|
| <b>Bench Press</b><br>weight / band · reps                            |       |       |       |       |       |       |       |
| <b>Incline Press</b><br>weight / band · reps                          |       |       |       |       |       |       |       |
| <b>Decline Press</b><br>weight / band · reps                          |       |       |       |       |       |       |       |
| <b>Flys (incline, flat, or decline)</b><br>weight / band · reps       |       |       |       |       |       |       |       |
| <b>Pull-Overs</b><br>weight / band · reps                             |       |       |       |       |       |       |       |
| <b>Dips</b><br>weight / band · reps                                   |       |       |       |       |       |       |       |
| <b>Triceps exercise of your choice</b><br>weight / band · reps        |       |       |       |       |       |       |       |
| <b>Second triceps exercise of your choice</b><br>weight / band · reps |       |       |       |       |       |       |       |

## AFTER THE SESSION

Sore? Y / N      Energy: 1 2 3 4 5      Sleep last night: \_\_\_\_\_

What I ate around training: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_

**CONTEST VOLUME. 5 TO 6 SETS. OVER 40: STOP AT 5. NEVER 6 SETS.**

Date \_\_\_\_\_ Cycle \_\_\_\_\_ Week \_\_\_\_\_ How I feel \_\_\_\_\_

| EXERCISE                                       | SET 1 | SET 2 | SET 3 | SET 4 | SET 5 | SET 6 | NOTES |
|------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|
| <b>Shoulder Shrugs</b><br>weight / band · reps |       |       |       |       |       |       |       |
| <b>Military Press</b><br>weight / band · reps  |       |       |       |       |       |       |       |
| <b>Upright Rows</b><br>weight / band · reps    |       |       |       |       |       |       |       |
| <b>Front Raises</b><br>weight / band · reps    |       |       |       |       |       |       |       |
| <b>Lateral Raises</b><br>weight / band · reps  |       |       |       |       |       |       |       |
| <b>Rear Flys</b><br>weight / band · reps       |       |       |       |       |       |       |       |
| <b>Wrist Curls</b><br>weight / band · reps     |       |       |       |       |       |       |       |

## AFTER THE SESSION

Sore? Y / N      Energy: 1 2 3 4 5      Sleep last night: \_\_\_\_\_

What I ate around training: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_

**CONTEST VOLUME. 5 TO 6 SETS. OVER 40: STOP AT 5. NEVER 6 SETS.**

Date \_\_\_\_\_ Cycle \_\_\_\_\_ Week \_\_\_\_\_ How I feel \_\_\_\_\_

| EXERCISE                                                             | SET 1 | SET 2 | SET 3 | SET 4 | SET 5 | SET 6 | NOTES |
|----------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|
| <b>Wide Grip Pulldowns</b><br>weight / band · reps                   |       |       |       |       |       |       |       |
| <b>Seated Cable Rows or Bent-Over Rows</b><br>weight / band · reps   |       |       |       |       |       |       |       |
| <b>Narrow Grip Pushdowns</b><br>weight / band · reps                 |       |       |       |       |       |       |       |
| <b>Reverse Grip Pulldowns</b><br>weight / band · reps                |       |       |       |       |       |       |       |
| <b>Lower Back Machine or extensions</b><br>weight / band · reps      |       |       |       |       |       |       |       |
| <b>Biceps exercise of your choice</b><br>weight / band · reps        |       |       |       |       |       |       |       |
| <b>Second biceps exercise of your choice</b><br>weight / band · reps |       |       |       |       |       |       |       |

## AFTER THE SESSION

Sore? Y / N      Energy: 1 2 3 4 5      Sleep last night: \_\_\_\_\_

What I ate around training: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_

**CONTEST VOLUME. 5 TO 6 SETS. OVER 40: STOP AT 5. NEVER 6 SETS.**

Date \_\_\_\_\_ Cycle \_\_\_\_\_ Week \_\_\_\_\_ How I feel \_\_\_\_\_

| EXERCISE                                                            | SET 1                | SET 2                | SET 3                | SET 4                | SET 5                | SET 6                | NOTES                |
|---------------------------------------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <b>Squats</b><br>weight / band · reps                               | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>Lunges</b><br>weight / band · reps                               | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>Deadlifts</b><br>weight / band · reps                            | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>Leg Press</b><br>weight / band · reps                            | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <b>Calf Raises — feet straight</b><br>3 sets · weight / band · reps | <input type="text"/> | <input type="text"/> | <input type="text"/> |                      |                      |                      | <input type="text"/> |
| <b>Calf Raises — toes in</b><br>3 sets · weight / band · reps       | <input type="text"/> | <input type="text"/> | <input type="text"/> |                      |                      |                      | <input type="text"/> |
| <b>Calf Raises — toes out</b><br>3 sets · weight / band · reps      | <input type="text"/> | <input type="text"/> | <input type="text"/> |                      |                      |                      | <input type="text"/> |

## AFTER THE SESSION

Sore? Y / N      Energy: 1 2 3 4 5      Sleep last night: \_\_\_\_\_

What I ate around training: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_