

## Partial Integration and Abbreviated Training

System 4 training is based on the use of four different types of training which consist of:

1. Force and Frequency Training
2. Marker rep Sets
3. Half Set training
4. Heavy Single Rep Training

These four systems **provide a flexible way of training that can be adjusted according to your goals and the way your body responds**. When designing workouts, you can include any combination of the four training systems in to a routine that you want to focus on. There are three basic options for how to do this. These options consist of:

1. Single System Workouts where only one training system is included in a workout.
2. Total Integration Workouts where all four training systems are integrated into a single workout.
3. Partial Integration workouts where two or three of the systems are integrated into a workout.

This section addresses workouts that fit into the third option which is Partial Integration Workouts where two or three training systems are integrated into a workout.

In order to understand the workouts that are shown, it is important to cover some of the terminology that is used to describe the workouts.

### Terms you need to know

#### Strong Reps

Strong reps are being done as long as a lifter can maintain a steady, even rep rhythm and rep speed during a set.

#### Half Sets

A half set is a set that consists of half the number of strong reps that a lifter can do for a whole set. For example, if a lifter can do 8 strong reps with a given weight, they should only do 4 reps with that weight when doing a half set.

#### Marker reps and Marker Rep Sets

A marker rep is identified as the first rep in a set where an even rep rhythm can no longer be maintained. A marker rep marks the place in a set where a lifter should stop when doing a marker rep set.

## **Training Max**

A training max is the heaviest weight that can be lifted with good form without stalling, grinding, or slowing down during a single rep of an exercise.

## **Full Workouts and Abbreviated Workouts**

The training routines are also divided into two categories consisting of full workouts and abbreviate workouts. A full workout takes a muscle group to the full capacity of work that it can handle without before it begins to weaken. An abbreviate workout is a shorter workout that does not push a muscle group to its full capacity in terms of the amount of sets that it can handle before starting to weaken. Abbreviated workouts can be used as a type of recovery workout, and they can also be used by athletes who desire to maintain their strength and speed without cutting into the energy they need for games and practices. Continue to the next page to see partial integration workouts.

## Full Workout #1



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
3	5	40%
3	5	50%
1	3	60%
1	1	70%
1	1	80% or more
1	Stop at your marker rep	50%-60%

- Rest 45 seconds between sets. Total workout time, no more than 25 minutes.
- Force and frequency training, plus heavy single rep training and marker rep sets are included. Half Sets are not included.

## Full Workout #2



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
3	5	40%
1	5	50%
1	1	70%
1	1	80% or more
4 half sets	Half the number of strong reps you can do	65%

- Rest 30 seconds between force and frequency sets at 40% to 50% and 60 to 90 seconds of rest between all other sets.
- Force and Frequency training, single heavy rep training, plus half set training are included, while marker rep sets are not included.

## Full Workout #3



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
3	5	40%
1	5	50%
4 half sets	Half the number of strong rep you can do	70%
1 marker rep set	Step at your marker rep	60%

- Rest 30 seconds between the first four sets, and 60-90 seconds between half sets and marker rep sets.
- Force and Frequency sets, plus half sets and marker rep sets are included, while heavy single rep training is not.

## Abbreviated Workout #1



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
2	5	40%
1	5	50%
1	3	60%
1	1	70%
1	1	80% or more

- Rest 45 seconds between sets.

## Abbreviated Workout #2



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
Force and Frequency Sets 4	5	40%
Half Sets 2	Half the number of strong reps you can do	65% to 75%

- Rest 30 seconds between force and frequency sets and up to 60 seconds before each Half Set.
- An entire workout with three exercises should not take more than 20 minutes.

## Abbreviated Workout #3



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
Force and Frequency Sets 2	5	40% - 50%
Half Sets 2	Half the number of strong reps you can do	65% to 75%
Marker Rep sets 1	Stop when you reach your marker rep	50% to 60%

- Rest 30 seconds between force and frequency sets and 60 seconds between Half Sets and marker rep sets.
- This workout with all three exercises should not take more than 20 minutes.



## Abbreviated Workout #4



Squats for legs/glutes



Bench press for chest



Seated Pulley Rows for Back

- Do each exercise pictured using the sets, reps, and percentages of weight shown below.
- The exercise selection can be modified according to your goals and equipment that is available to you.

Sets	Reps	How much weight to use based on % of max weight
Force and Frequency Sets 3-4	5	40% - 50%
Single Sets 1	Stop when you reach your marker rep	50% to 60%

- Rest 30 seconds between force and frequency sets.
- Do 3 force and frequency sets when using 50% and 4 sets when using 40%.
- This workout with all three exercises should not take more than 20 minutes.