

System 4 Training: All Systems in a Single Workout

Exercise Selection

The exercises that are used for System 4 Training are designed to work the three biggest, strongest, muscle groups of the body. These three muscle groups include:

1. The leg and glute muscles
2. The back muscles;
3. The chest (pectoral) muscles.

Choose Three Exercises

You do not need to do a lot of exercises to cover your whole body. To cover the majority of your body, you need to do either a squat or deadlift exercise, a pressing exercise, and a pulling exercise. This amounts to **three exercises** for a workout. Since System 4 Training is based on doing three or more full body workouts per week, choosing too many exercises will tend to make your workouts longer and more difficult to recover from. When using high frequency training, you must do workouts that are easy to recover from.

The exercises shown below are good basic exercises for building strength, but they can be modified as needed according to preference and according to the available equipment.

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.

Exercise Selection: Focus on These Basic Exercises



Squats



Deadlifts



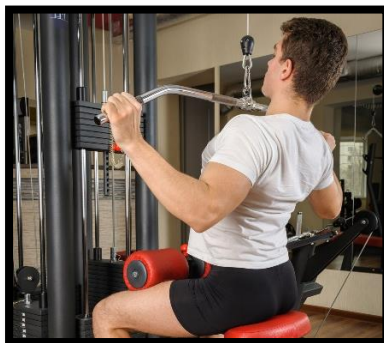
Bench Press



Bent over rows



Chin ups



Lat Pull Downs

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- The exercise selection can be modified according to your goals and equipment that is available to you.



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.

Sets	Reps	How much weight to use based on % of max weight
Force and Frequency Sets 3-4	5	40% to 50%
Half Sets 2	Half of the number of strong reps that you can do for each set	65% to 75%
Heavy Single Reps 1	1	Use 80% or more. Do not go over your training max
Marker Rep Sets 1	Stop when you reach your marker rep	50% to 60%

- Your training frequency should be from three to six days per week.
- Rest 45 seconds between force and frequency sets and up to 90 seconds between Half Sets and Heavy Sets.
- Do 3 force and frequency sets when using 50% and 4 sets when using 40%.

Adjustments

The basic System 4 training routine is a starting place for effective training, but no two people are exactly the same. Some recover easier than others, and some people can benefit from more exercise than others. It may be that training three times per week is perfect for one person, but someone else does better training five or six times per week. This is why the System 4 training routine makes room for adjustments.

The 3-4-5 Method

One of the major things that each individual will have to consider is to find an ideal training frequency that is suited to their own body. If you are familiar with Precision Point Training concepts, they are designed to help a person find their own strength training zone for effective training. One of the concepts is to use the 3-4-5 method or the 3-2-1 method for finding a training frequency that works. When using the 3-4-5 method, you simply start by performing a workout three times per week. If it works, there is no reason to change. If it doesn't work, you can try training four times per week for a couple weeks. You can also try training five or six times per week and compare the results.

The 3-2-1 Method

Some people may actually do better by using the System 4 workout only twice or even once per week, although it is designed for higher frequency training. The only way to find out is to experiment and try it out.

Modifying the Workout

If you have tried training three times per week and it's not enough, but five or six times a week seems like too much, there are simple adjustments to accommodate this. You can use the basic routine that is listed three times per week and then use additional workouts during the week that consist of one, two, or three of the training systems. For example after doing the basic System 4 workout three times per week, your additional workouts may eliminate heavy single rep training, but still using the other three systems. Perhaps eliminating marker rep sets from your extra workouts is the best solution for you. It may be that you just want to work up to a single heavy rep for your extra workouts, or do a short warm up and two half sets for your additional workouts. Monitor your energy level and your strength and make adjustments accordingly.

Train as Long as You are Strong

One of the principles that is set forth in Precision Point Training is that sets for a muscle group are repeated as long as you are at full strength, but never past that point. If you can make it through a full system 4 workout and feel like you could do more while at full strength, my suggestion is to add on one or more half sets according to how long you can keep training at full

strength. You can add the other types of sets if you prefer but I believe that half sets are the heart of progressive strength training.

At this point, I want to emphasize that the simpler you can keep your workouts and still succeed, the better. If the basic System 4 workout works the way it is without adjustments, stick with it. If not, then you can try various adjustments.