

Bodybuilding Crossfit - 4 Day Split

This program mimics the style that I currently do. It's a balanced program - good warmup, 8-12 sets to focus on strength/hypertrophy, and a challenging high intensity wod/fat burner that compliments the main muscle groups being trained. As with any workout program, you can modify exercises to fit your goals or work around nagging injuries. For example, if DB chest flies bother your shoulder, you can modify to Pallof presses (or holds) with a resistance band. Keep it safe and focus on mastering form/control first, then increase weight.

Day 1 - Upper Push/Pull Focus

Pre-Work (x2 rounds)	Strength -	WOD - 3 rounds (5 min per round)
2 min row, bike, or run	Incline DB bench press (cluster sets @ 70-85% 1RM)	100m row (POWER ROW!!)
Hand-release push ups x10	5 sets of 3 cluster sets of 6-8 reps (Every 2.5-3 min)	M- 30 push ups / W- 20 push ups
Band face pulls x20		M- 15-20 pull ups / W- 10-15 pull ups
Scapular push ups x10	Bent over BB row (cluster sets @70-85% 1RM)	DB chest flies x10-12
Supermans w/ swimmer x10	5 sets of 3 cluster sets of 6-8 reps (Every 2.5-3 min)	Renegade row x8-10 each side
Band pull aparts x20		

*Cluster set - perform 6-8 reps, rest for 10-15 sec & perform 6-8 more reps, again rest 10-15 sec & perform 6-8 more reps. That is considered one cluster set. Therefore in one set you will perform 18-24 reps total.

Day 2 - Lower Body w/ Quad Focus

Pre-Work	Strength	3 Rounds for time
2 min run/row for distance	4 sets (every 2.5-3 min)	BB front squat x5 (60%/70%/80% 1RM)
Static lunge x10 each	BB back squat x12/10/8/8* (*drop set)	S/L alt v-ups x8 each
Cossack squat x10 each		Alt lunge jumps x10 each
Wide mountain climbers x20 total	4 rounds (every 2 min)	Weighted lying Otis ups x15
Light goblet squats x10	KB/DB swing x10-12	Tire flips x5
Squat jumps x5	DB/BB RDLs x8-10 (tempo!)	
	3 rounds (every 3 min)	
	Walking DB lunges x8-10 each	
	Plank alt heel lift x10-12 each	
	Goblet squat x12-15	

*Dropset - upon finishing the reps, reduce weight by 20-30% and perform as many reps as you can with good form. The tempo listed for RDLs is a reminder to slow down the eccentric - take 3-4 seconds on the eccentric, pause at the bottom, and then smooth transition back to starting position.

Day 3 - Active Rest Day

Rest Days -

You'll notice the workouts have the days labeled and they are spaced out with rest days on days 3, 5, & 7. Now, rest day does not mean do nothing. It simply means you're not strength training or doing any extended amount of cardio. Great things to do on a rest day would be like a quick 15-20 min HIIT, stretching/mobility work, going for walks, cleaning, home projects, golfing, playing with the kiddos, etc. Stay active and still aim for 8k steps or more. Because this is a balanced program, the rest days are spaced out for optimal recovery.

Day 4 - Upper Push/Pull Focus

Pre-Work	Strength	5 Rounds for time
20 cal row/bike Band pull aparts x25 Band up & overs x20 Band internal/external rotation x15 each Light DB T-raises x10 Light DB shoulder press x10	4 rounds (every 90 sec) Bent over DB rear delt flye x10-12 DB side lateral raises x10-12 4 rounds (every 2.5-3 min) Strict BB overhead press x8-10 Push Jerk x5-8 4 rounds (every 2 min) DB/BB skullcrushers x12-15 DB/BB curls x12-15	Arnold press x10 Reverse grip BB/DB curls x12-15 DB upright row x10 DB overhead tricep ext x12-15 300m row (decrease by 50 each round)

Day 5 - Active Rest Day

Day 6 - Lower Body w/ Posterior Focus

Pre-Work	Strength	Tabata - 12 min AMRAP
90 sec run or row 90/90 w/ hip extension x5 each Lunge w/ rotation & reach x5 each Glute bridge (or frog pumps) x25 Plank kick throughs x10 each Supine pull ups x20	4 rounds (every 2-2.5 min) BB hip thrust x15-20 4 rounds (every 2.5-3 min) DB alt curtsy lunge x12-15 S/L deadlift x8-10 each (tempo) 3 rounds (every 2.5-3 min) DB Bulgarian split squat x8-10 each Prone band hamstring curls x15+ (S/L or both)	Omni grip pull ups x10 Plank palms to elbows x10 total Plank alt DB row x10 total MB slams x10 Plank jack to knee tuck x10

*Omni grip means switch your grip each set (pronated, supinated, neutral, wide, narrow, etc.)

*Slow the tempo down for the eccentric on the SL deadlifts, focus on the stretch

Day 7 - Active Rest Day