

THE 4-WEEK BLOCK. 2 DAYS A WEEK.

WEEK

1

DAY A + DAY B

WEEK

2

DAY A + DAY B

WEEK

3

DAY A + DAY B

WEEK

4

DAY A + DAY B

- 1 Train Day A and Day B every week for 4 weeks.
- 2 Pick a weight that lets you finish each set with a rep or two left.
- 3 Follow the weekly targets on page 2.
- 4 Log every session on page 3.

RPE 8

RPE is a 1 to 10 scale of how hard a set felt. 10 means no reps left. RPE 8 means a rep or two left.

THE TWO SESSIONS.

DAY A

Squat or hinge	4 x 5-8, rest 3-5 min
Push (press or bench)	3 x 8-10, rest 2-3 min
Pull (row)	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

DAY B

Hinge or squat the one Day A skipped	4 x 5-8, rest 3-5 min
Push (different angle)	3 x 8-10, rest 2-3 min
Pull (different angle)	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

WEEK-BY-WEEK TARGETS

REPS PER SET	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Squat or hinge 4 sets, range 5-8	5	6	7	8
Push and pull 3 sets, range 8-10	8	9	10	Add weight, back to 8
Accessory or core 2 sets, range 12-15	12	13	14	15

After week 4, any lift that hit the top of its range on every set gets more weight next block.

THE LOG.

Write weight x reps for every set. The small number in each box is the rep target.

SESSION	SQUAT OR HINGE 4 sets	PUSH 3 sets	PULL 3 sets	ACCESSORY OR CORE 2 sets	NOTES
WEEK 1 DAY A	5 reps	8 reps	8 reps	12 reps	
WEEK 1 DAY B	5 reps	8 reps	8 reps	12 reps	
WEEK 2 DAY A	6 reps	9 reps	9 reps	13 reps	
WEEK 2 DAY B	6 reps	9 reps	9 reps	13 reps	
WEEK 3 DAY A	7 reps	10 reps	10 reps	14 reps	
WEEK 3 DAY B	7 reps	10 reps	10 reps	14 reps	
WEEK 4 DAY A	8 reps	add weight, 8	add weight, 8	15 reps	
WEEK 4 DAY B	8 reps	add weight, 8	add weight, 8	15 reps	

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

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Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

calendly.com/lukelango-legacycoaching/consult

You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)