

4 Day No Gym Membership 3

At this level you are no stranger to exercising and 4 days per week says nothing but priority. Without wasting any more precious time let's get to work. If you are a progressioner from the last 2 links KEEP UP YOUR MOMENTUM. Just like any routine begins with a proper warm up and dynamic stretching. Following your warm up, you will find your 4 day routine with core/cardio core exercises and 4 workouts with 3 exercises in each. Do not forget as you are training, take breaks between each set.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used towards this routine.

Workout Outline	
Weeks	3 - 4
Days	4 Days Per Week
Workouts	4
Equipment	None
Core Exercises	1 - 2 Exercises Per Workout
Cardio Core	1 - 2 Exercises Per Workout
Abdominal Training	2 Exercises Per Workout
Exercises	2 - 5 Exercises Per Workout
Recovery	24 - 48 Hour For Previous Trained Muscle
Level of Intensity	1 - 6
Improvements	Muscular Strength Muscular Endurance Physique Development

Warm Up

Cardio Circuit		
Exercises	Sets	Time
2 Steps Forward 2 Steps Back	3	30 seconds - 45 seconds
Press Jacks	3	30 seconds - 45 seconds
Alternating Center Step Outs	3	30 seconds - 45 seconds

Dynamic Stretches			
Exercises	Sets	Repetitions	Notes
Backward Wide Arm Circles	2	20	Shoulder Mobility
Alt. Knees to Chest	2	20	Hamstring Stretch
Alt. Heels to Glutes	2	20	Quadriцеп Stretch
Alt. High Knee Abducting	2	20	Hip & Glute activation
Alt. Bent over Toe Touches	2	20	Hamstring Stretch

Day 1

Cardio Core		
Exercises	Sets	Repetitions
6 inch Low Scissors	3 - 4	30 seconds - 1 minute
6 inch Cross-overs	3 - 4	30 seconds - 1 minute

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Diamond Sit-Ups	3 - 4	20 - 25	30 - 45 seconds
Alternating Crossover Crunch	3 - 4	20 - 25	30 - 45 seconds

Workout 1		
Exercises	Sets	Repetitions
Step Ups(each Side)	3 - 4	20, 15, 12,10
Incline Push Up	3 - 4	20, 15, 12,10
Alternating Leg Raises	3 - 4	20, 15, 12,10

Stretch
Daily Stretches

Day 2

Core		
Exercises	Sets	Time
Inch Worm	3 - 4	30 seconds - 1 minute
Fully Extended Worm Holds	3 - 4	30 seconds - 1 minute

Workout 2		
Exercises	Sets	Repetitions
Jump Squats	3 - 4	20, 15, 12,10
No Jump Burpees	3 - 4	20, 15, 12,10
Crunch	3 - 4	20, 15, 12,10

Stretch
Daily Stretches

Day 3

Cardio Core		
Exercises	Sets	Repetitions
Flutter Kicks	3 - 4	30 seconds - 1 minute
Russian Twist	3 - 4	30 seconds - 1 minute

Abdominal Training			
Exercises	Sets	Repetitions	Rest
Leg raises	3 - 4	20 - 25	30 - 45 seconds
90 Degree Toe Taps	3 - 4	20 - 25	30 - 45 seconds

Workout 3		
Exercises	Sets	Repetitions
Lunges	3 - 4	20, 15, 12,10
Chair Dips	3 - 4	20, 15, 12,10
Leg Raises	3 - 4	20, 15, 12,10

Stretch
Daily Stretches

Day 4

Core		
Exercises	Sets	Time
Side Plank(Each Side)	3 - 4	30 seconds - 1 minute
Plank	3 - 4	30 seconds - 1 minute

Workout 4		
Exercises	Sets	Repetitions
Squats	3 - 4	20, 15, 12,10
Push Ups	3 - 4	20, 15, 12,10
Diamond Sit Ups	3 - 4	20, 15, 12,10

Stretch
Daily Stretches

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommended)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Glycemic Index
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Supplement Guidance
- Battle Of The Brands
- Medicine can help but....Exercise
- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins