

Old School

New Body

Presents

F4X

Quick Start
WORKOUT GUIDE

LEAN • SHAPE • BUILD

The F4X Workout Quick-Start Guide was written to help you achieve a lean, healthy muscular body, a more youthful appearance and a happier, sexier disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Photography by Michael Neveux

Copyright © 2012 by Homebody Productions
All rights reserved.

The material in this document may not be reproduced in whole or in part in any manner or form without prior written consent from the publisher.

Homebody Productions, P.O. Box 2800, Ventura, CA 93002

www.OldSchoolNewBody.com
Homepage

INTRODUCTION

If you've read *Old School New Body*, you know that we have three workout levels: Lean, Shape and Build. The Lean Workout consists of only the Focus-4 Exercises, which is where the F4X name came from. Those key moves appear in all of the workouts, but doing only that core four can do amazing things for almost anyone's health and body.

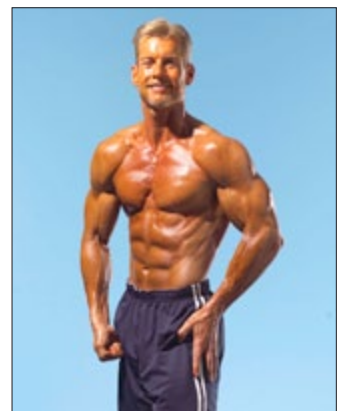
LEAN. You can use the Lean Workout all of your life and reap the amazing benefits of moderate-poundage, growth-threshold weight training. It's also a great program to start a lifting regimen. Once you get rolling, and feel and see the incredible results, you may want to take it to the next level, which is where the Shape Workout comes in.

SHAPE. The Shape program is a bit more extensive, but you still work out three days a week. The workouts take about an hour or less, but that's so you can add a bit more shapely muscle to your frame and continue to blast off bodyfat.

You can get incredible results using both the Lean and Shape workouts—for example, the more abbreviated Lean program in the winter, then ramp up to the Shape Workout in the spring and summer when clothes are skimpier and your body is more "in the public eye."

BUILD. For those who crave a serious muscle-building regimen, there's the Build Workout. It's for men and women who want a peak physique. Some men can use this program to take it to the extreme—genetics and effort willing—but most trainees will simply add more visible muscle without that overblown look. It's even great for women. Becky will often use it for a four-week cycle in the summer when she wants to push her look that extra few degrees.

This quick-start guide is designed for you to print out your chosen workout and take it to the gym for easy reference. See you there!



—Becky and Steve Holman

The F4X Method

Set 1: Pick a weight with which you can get 15 reps, but only do 10 (this set will not be taxing).

- Rest 30 to 40 seconds.

Set 2: Do 10 more repetitions with the same weight.

- Rest 30 to 40 seconds.

Set 3: Do 10 more repetitions with the same weight.

- Rest 30 to 40 seconds.

Set 4: Do as many repetitions as you can—until you can't do another.

If you get 10 reps on your last set, slightly increase the weight at your next workout—or go for 11 reps on each set, denoted as 4 x 11.

Your tempo for all sets should be **one second to lift and three seconds to lower**. That will make every set last around 40 seconds, perfect for *balanced* stimulation of the muscle fibers and to fortify the fat-burning mitochondria as well as trigger a growth hormone release.

F4X LEAN Beginner Break-In

Weeks 1 and 2: Do two sets of each exercise—both sets should be fairly easy. Rest 45 to 60 seconds between sets.

Weeks 3 and 4: Move to three sets of each exercise, 40 seconds of rest between each, and push your last set in the sequence to muscular failure—until you can't get another rep in perfect form.

Week 5: You can move to four sets per exercise, with set four to muscular failure. If four sets feels like too much, you can go back to three sets per exercise for as long as necessary.

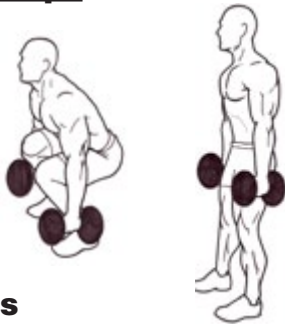
F4X **LEAN** Workout: M-W-F

Exercise, Sets x Reps

Poundage

1) Squats,

4 x 10



1)

**2) Incline presses
or flat-bench presses
or pushups (on toes
or knees),**

4 x 10



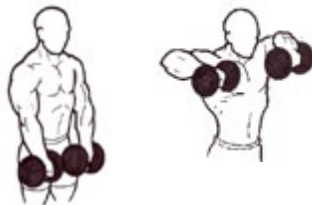
2)

**3) Undergrip bent-over rows
or one-arm rows, 4 x 10**



3)

4) Upright rows, 4 x 10



4)

Pick a moderate weight with which you can do 15 reps, but only do 10; rest 40 seconds, then do 10 more, and so on until you complete the designated number of sets. Get as many reps as you can on your last set, and if you get 10, add weight at your next workout.

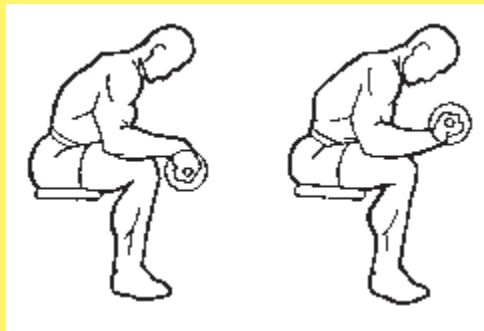
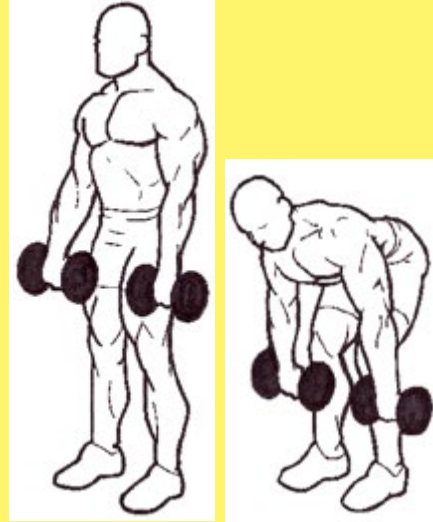
Rep speed should be one second to lift the weight and three seconds to lower it—four seconds per repetition.

LEAN Workout Add-Ons

You can add exercises to the core four moves, depending on your goals. See Chapter 3 in OSNB for more on these exercises and how they can relieve joint aches and pains.

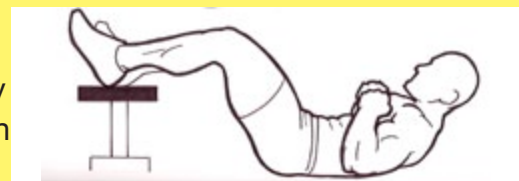
Semi-stiff-legged deadlifts.

These train your lower back and hamstrings, the muscles on the backs of your thighs. It's an exercise that can help relieve back pain. When performing it, keep your back flat, do not round over, and reverse the movement when the weight reaches mid-shin level.



Wrist curls and reverse wrist curls. These strengthen your forearm muscles, the underside (flexors) and tops (extensors). Do these seated with your forearms on your thighs or on a bench.

Crunches. These train your abdominals. Strengthening the rectus abdominis muscle can also help relieve back pain—but don't think crunches will melt away midsection fat; that takes diet. For crunches, curl your upper back off the floor as you blow the air out of your lungs to contract your abs. Slowly uncurl to a flat-back position, then repeat. Do not jerk on your neck or head; hold your hands on your chest (as illustrated) hold your hands next to your ears. It's best *not* to clasp your hands behind your head.



F4X **SHAPE** Workout 1: Monday

Exercise, Sets x Reps

1) Barbell or dumbbell squats, 4 x 10



1)

2) Leg extensions, 3 x 10



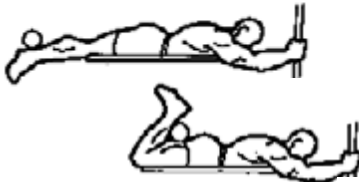
2)

3) Semi-stiff-legged deadlifts, 4 x 10



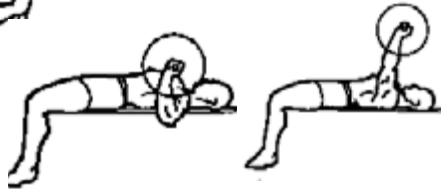
3)

4) Leg curls, 3 x 10



4)

5) Bench presses, 4 x 10



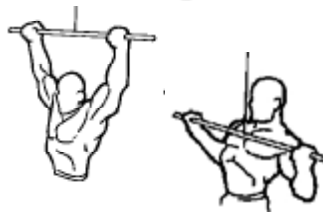
5)

6) Flat-bench flies, 3 x 10



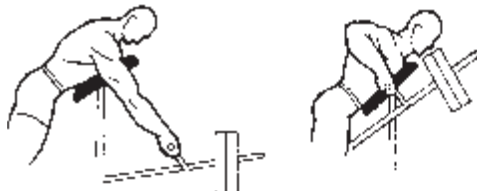
6)

7) Pulldowns, 4 x 10



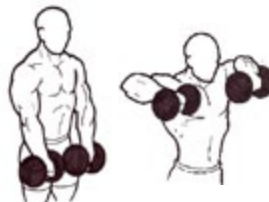
7)

8) Machine rows, 3 x 10



8)

9) Dumbbell upright rows, 4 x 10



9)

F4X **SHAPE** Workout 2: Wednesday

Exercise, Sets x Reps

Poundage

1) Barbell or dumbbell squats, 4 x 10



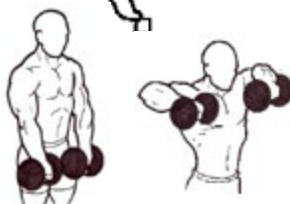
1)

2) Standing calf raises, 4 x 10



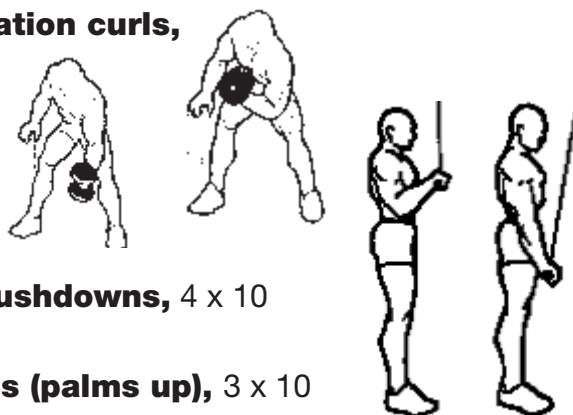
2)

3) Dumbbell upright rows, 4 x 10



3)

4) Concentration curls, 4 x 10



4)

5) Triceps pushdowns, 4 x 10

5)

6) Wrist curls (palms up), 3 x 10



6)

7) Flat or incline kneeups, 3 x 10



7)

8) Crunches, 3 x 12



8)

F4X **SHAPE** Workout 3: Friday

Exercise, Sets x Reps

1) Barbell or dumbbell squats,
4 x 10



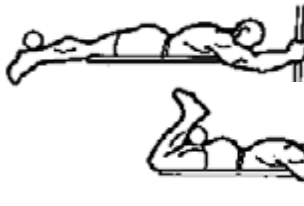
1)

2) Leg extensions, 3 x 10



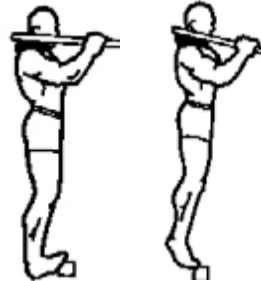
2)

3) Leg curls, 3 x 10



3)

4) Standing calf raises, 4 x 10



4)

5) Incline dumbbell presses,
4 x 10



5)

6) Flat-bench flyes, 3 x 10



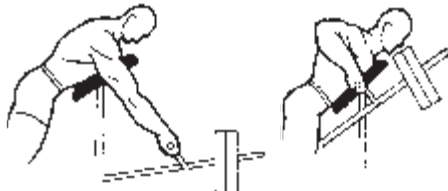
6)

7) Pulldowns, 4 x 10



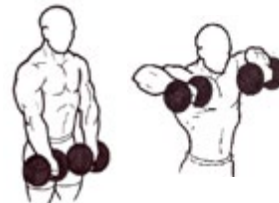
7)

8) Machine rows, 3 x 10



8)

9) Dumbbell upright rows, 4 x 10



9)

F4X SHAPE Workout Tips and Reminders

1) If you're a beginner and moving directly into the SHAPE Workout, follow the break-in phase:

Weeks 1 and 2: Do two sets of each exercise—both sets should be fairly easy. Rest 45 to 60 seconds between sets.

Weeks 3 and 4: Move to three sets of each exercise, 40 seconds of rest between each, and push your last set in the sequence to muscular failure—until you can't get another rep in perfect form.

Week 5: You can move to four sets per exercise, with set four to muscular failure. If four sets feels like too much, you can go back to three sets per exercise for as long as necessary.

2) The ideal rep speed is one-second to lift the weight (positive stroke) and three seconds to lower (negative stroke); always keep your form strict. Breathe out as you lift (one second), breathe in as you lower (three seconds)—you can take one to three short breaths as you lower on longer-stroke exercises like squats, then breathe out forcefully as you push up the weight.

3) Your arms get plenty of indirect stimulation on Monday and Friday from torso exercises such as presses, rows, pulldowns, etc. Therefore, the one direct arm workout on Wednesday is enough for optimal stimulation.

6) You can stick to the SHAPE program—rotating to the LEAN Workout when time is tight—and get excellent results for the rest of your life. In other words, **you don't ever have to do more than this to get amazing physique-transforming, fat-blasting, anti-aging effects of lifting**—and for many the four exercises in the F4X LEAN Workout will be sufficient. For those interested in taking their physique to the next level, move to the BUILD Workout.

Note: Because the BUILD Workout is for advanced trainees, only the more exotic exercises are pictured in the templates on the next few pages.

F4X **BUILD** Workout 1: Monday

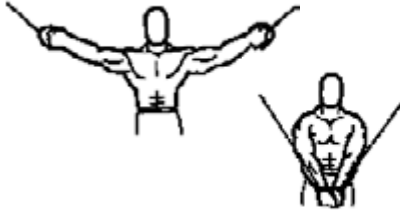
Chest, Back, Abs

Exercise, Sets x Reps

1) M: Incline dumbbell presses, 4 x 10

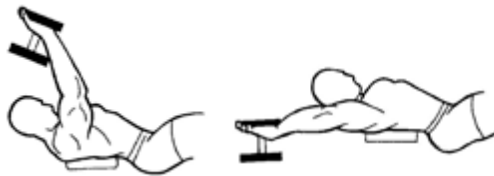
2) S: Flat-bench flyes, 3 x 10

3) C: Cable crossovers, 4 x 10

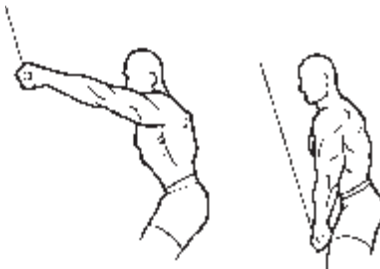


4) M: Pulldowns, 3 x 10

5) S: Dumbbell pullovers, 3 x 10



6) C: Stiff-arm pulldowns, 4 x 10



7) M: Machine rows, 3 x 10

8) C: Bent-arm bent-over laterals, 3 x 12



9) M: Cable upright rows (shoulder-width grip), 4 x 10

10) M: Incline kneeups, 4 x 10

11) S&C: Full-range crunches, 4 x 10

M = midrange, S = stretch, C = contracted

Poundage

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

F4X **BUILD** Workout 2: Tuesday

Quads, Hams, Calves

Exercise, Sets x Reps

**1) M: Barbell squats or
dumbbell squats, 4 x 10**

**2) S: Sissy squats (torso
and thighs stay on
the same plane), 3 x 10**



3) C: Leg extensions, 4 x 10

**4) M: Feet-forward Smith
machine squats, 4 x 10**

**5) S: Semi-stiff-legged deadlifts
or hyperextensions
(flat back), 4 x 10**

6) C: Leg curls, 4 x 10

**7) M: Leg press
calf raises, 4 x 12**

**8) S: Machine or partner
donkey calf raises, 3 x 12**



9) C: Machine calf raises, 4 x 10

M = midrange, S = stretch, C = contracted

Poundage

1)

2)

3)

4)

5)

6)

7)

8)

9)

F4X **BUILD** Workout 3: Wednesday

Shoulders, Arms

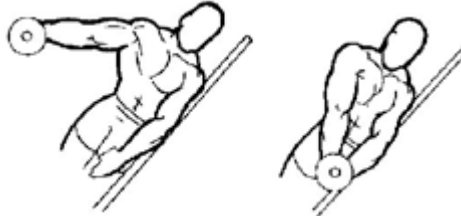
Exercise, Sets x Reps

Poundage

1) M: Dumbbell upright rows, 4 x 10

1)

**2) S: Incline one-arm
laterals
or one-arm
cable laterals, 3 x 10**



2)

3) C: Seated laterals, 4 x 10

3)

4) M: Dumbbell presses, 3 x 10

4)

**5) M: Close-grip bench
presses, 4 x 10**



5)

**6) S: Overhead
extensions, 3 x 10**



6)

7) C: Pushdowns, 4 x 10



7)

**8) M: Undergrip
pulldowns, 3 x 10**



8)

9) S: Incline curls, 3 x 10



9)

10) C: Concentration curls, 4 x 10

10)

11) M: Incline hammer curls, 3 x 10

11)

12) S&C: Wrist curls, 3 x 12

12)

13) S&C: Reverse wrist curls, 3 x 12

13)

M = midrange, S = stretch, C = contracted

F4X **BUILD** Workout 4: Friday

Legs, Chest, Back

Exercise, Sets x Reps

**1) M: Deadlifts or
dumbbell squats, 4 x 10**

**2) M: Dumbbell bench
presses, 4 x 10**

3) S: Incline flyes, 3 x 10

4) C: Cable crossovers, 4 x 10

5) M: Pulldowns, 3 x 10

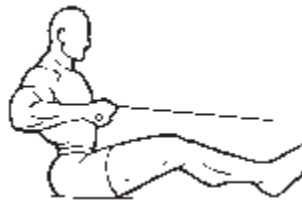
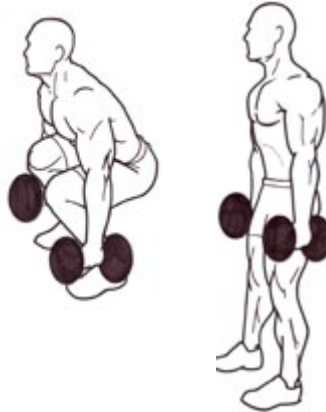
6) S: Dumbbell pullovers, 3 x 10

**7) M: Wide-grip
cable rows
(overgrip,
palms down), 3 x 10**

**8) S&C: Bent-arm bent-over
laterals, 3 x 12**

**9) M: Dumbbell
upright rows, 4 x 10**

**10) M: Leg press
calf raises, 4 x 12**



Poundage

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

M = midrange, S = stretch, C = contracted

F4X Intensity Uptick

When standard F4X sequences no longer feel like enough or you just need a shock tactic—more intensity to jolt extra size gains—one of the best is to alter the last set with rest/pause.

Rest/Pause: When you reach failure at around 10 on set 4, set down the weight, count to 10, then rep out again. You'll get an additional 3-plus reps. You can do that once, twice or even three times.

Rest/pause is a quick way to increase volume without adding much time to your workout.