

System 4: Single System Workouts

The System 4 Single System workout series refers to using only one of the training systems per workout. The four systems consist of: 1) Force and Frequency Training, 2) Marker rep sets, 3) Half sets; and 4) Heavy Single reps. Of course different systems can be used for different workouts and there are several strategies for how this can be done. The first method is to change training systems from one workout to the next. A second method is to use a single training system for a week and change to a different system each week. The last strategy is use a single training system for an entire training block of three to six weeks before switching to different system for the next training block.

Training Frequency and Exercises

System 4 is designed to be done with full body workouts on a high frequency basis of at least three to six times per week. Only three (at the most four) basic compound exercises should be done per workout. These basic exercises should cover the leg/gluteus muscles, the chest muscles, and the back muscles. The following is a list of recommended exercises, but these can be changed or modified according to your needs, preferences, and equipment.

- Squats and squat variations
- Deadlifts and deadlift variations
- Bent over rows, seated pulley rows, or T bar rows
- Lat pulldowns
- Bench press and bench press variations
- dips
- Over-head press
- Cleans

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.

Training Max

A training max is the heaviest weight that can be lifted with good form without stalling, grinding, or slowing down during a single rep of an exercise.

Warm up Sets

Warm up sets should be done before half sets and heavy single rep training.

You only need to do the first three warm up sets listed to warm up for half sets

You don't need to do warm up sets for force and frequency sets or marker rep sets as the weights are light enough to be warm up weights.

1 st warm up set	5 reps	40%
2 nd warm up set	4 reps	50%
3 rd warm up set	3 reps	60%
4 th warm up set	2 reps	70%
5 th warm up set	1 rep	80%

System 4: Single System Workouts

Change to a Different System Each Workout

Choose one exercise for the legs, one for the back, and one for the chest (pectorals). The Exercises shown below are examples of this.



Deadlifts



Bench press



Bent over Rows

Warm ups

- Follow the warm up instructions in the previous section on warm up sets.

Day	Sets of each exercise	Reps	Amount of Weight
Day 1	8 to 10 (Force and Frequency sets)	5	40% to 50%
Day 2	2 Marker Sets	Stop when you reach your marker rep	50% to 60%
Day 3	4 half sets	Half the number of strong reps that you can use for a full set	65% to 75%
Day 4	6 singles when using 80% 3 singles when using 85% 1 Single when using 90%	1	80% or more (do not use more than your training max)

- Rest 30-45 seconds between force and frequency sets
- Rest three minutes between marker sets
- Rest 90 seconds between half sets and heavy single reps.

System 4: Single System Workouts

Focus on One Training System Each Week

Choose one exercise for the legs, one for the back, and one for the chest (pectorals). The Exercises shown below are examples of this.



Deadlifts



Bench press



Bent over Rows

Warm ups

- Follow the warm up instructions in the previous section on warm up sets.

Week	Sets of each exercise in each workout	Reps	Amount of Weight
Week 1	8 to 10 (Force and Frequency sets per workout)	5	40% to 50%
Week 2	2 Marker Sets Per workout	Stop when you reach your marker rep	50% to 60%
Week 3	4 half sets Per workout	Half the number of strong reps that you can use for a full set	65% to 75%
Week 4	6 singles when using 80% 3 singles when using 85% 1 Single when using 90%	1	80% or more (do not use more than your training max)

- Rest 30-45 seconds between force and frequency sets
- Rest three minutes between marker sets
- Rest 90 seconds between half sets and heavy single reps.

The four week cycle can be turned into one big progressive training cycle by using the following percentages of the maximum weight that you can lift for a single rep.

Week 1	Week 2	Week 3	Week 4
1 st workout 40%	1 st workout 50%	1 st workout 65%	1 st workout 80%
2 nd workout 42%	2 nd workout 52%	2 nd workout 67%	2 nd workout 80%
3 rd workout 45%	3 rd workout 55%	3 rd workout 70%	3 rd workout 85%
4 th workout 47%	4 th workout 57%	4 th workout 72%	4 th workout 85%
5 th workout 50%	5 th workout 60%	5 th workout 75%	5 th workout 90%

Training blocks

When using training blocks, you basically stay with the same training system throughout the whole three to six week training block. I would recommend a shorter training blocks of three to four weeks as opposed to six weeks. You may start out on the lighter side of the training system that you are using and progress in weight little by little for a total of 10% from the start to the finish of each training block. You could also progress by a full 10% during a week and then start over with the same percent of weight each week and keep repeating the same weekly cycle until your training block is over.

System 4

Single System Training Blocks

Choose one exercise for the legs, one for the back, and one for the chest (pectorals). The Exercises shown below are examples of this.



Deadlifts



Bench press



Bent over Rows

Warm ups

➤ Follow the warm up instructions in the previous section on warm up sets.

Block (A block lasts 3 to 6 weeks)	Sets of each exercise in each workout	Reps	Amount of Weight
Block 1	8 to 10 (Force and Frequency sets per workout)	5	40% to 50%
block 2	2 Marker Sets per workout	Stop when you reach your marker rep	50% to 60%
Block 3	4 half sets Per workout	Half the number of strong reps that you can use for a full set	65% to 75%
Block 4	6 singles when using 80% 3 singles when using 85% 1 Single when using 90%	1	80% or more (do not use more than your training max)

- Rest 30-45 seconds between force and frequency sets
- Rest three minutes between marker sets
- Rest 90 seconds between half sets and heavy single reps.

