

# Bodybuilding for Strength



*Tyler English*

*WNBF Professional Natural Bodybuilder  
Body Transformation Coach*

[www.TylerEnglishBlog.com](http://www.TylerEnglishBlog.com)

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**DISCLAIMER: You must get your physician's approval before beginning this exercise program.**

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## *4-Week Training Program*

*Monday*

### **Lower Body**

- 1) Barbell Front Squat – 5 x 8, 5, 5, 5, 3
- 2A) DB Bulgarian Split Squat – 4 x 6ea  
2B) BB RDL – 4 x 12
- 3) GHR – 4 x 8
- 4) Chain Walking Lunge – 5 x 8ea
- 5) Dog Sled Push – 3 x 30yds

*Tuesday*

### **Upper Body Push**

- 1) Barbell Push Press – 5 x 3  
*(Work up to 2 max sets of 3)*
- 2A) Barbell Close Grip Bench – 4 x 8  
2B) DB Lateral Raise – 4 x 12
- 3A) Blast Strap Push-up – 4 x 12  
3B) DB Incline French Press – 4 x 15
- 4) BW Dips – 3 x 15-20
- 5) Band Pushdowns – 3 x 15 - 25

*Thursday*

**Upper Body Pull**

- 1) Chin-up – 5 x 5
- 2) Barbell (Bentover) Supine Row – 4 x 8
- 3A) SA DB Row – 3 x 15-20
- 3B) TRX Face Pull – 3 x 12-15
- 4A) Barbell Bicep Curl – 4 x 10-12
- 4B) DB Hammer Curl – 4 x 10-12

*Saturday*

**Total Body**

- 1) Trap Bar Deadlift – 5 x 12
- 2A) DB Neutral Grip Bench Press – 4 x 10
- 2B) Standing DB Arnold Press – 4 x 12
- 3) Pull-up – 2 Max Sets (rest 4 min between)
- 4A) Seated DB Zottman Curl – 4 x 8
- 4B) TRX / Blast Strap Prone Tricep Extension – 4 x 12
- 5) Log Farmer Walks – 4 x 30 yds
- 6) Prowler Sprint – 3 x 60yds (D&B)