BLUF / TL;DR: Below is your complete 4-week workout plan rewritten in plain, straightforward language and formatted in DokuWiki syntax ready to paste directly into your wiki.

4-Week Repetition Method & Conditioning Plan

Core Rules (Weeks 1–4):

- **Hold steady for 4 weeks:** Keep the exact same weights, rep targets, and schedule for 4 full weeks before retestingspan_0span_0span_1span_1.
- **Main Lift (Key Movement):** Do **4 hard sets**, stopping **1–2 reps short of failure**, with **2–3 minutes rest** between setsspan_2span_2span_3span_3.
- **EMOM Sets (Sub-Max Work):** Start each exercise at the top of the minute and rest the remainder of that minute. Every set must feel smooth and repeatable—**never go to failure**span_4span_4span_5span_5.
- **Stick to the plan:** Do not add extra sets on high-energy days or try to “make up” missed workoutsspan_6span_6span_7span_7.

Baseline Numbers & Session Targets

Movement Pattern	Baseline Max	Reps per EMOM Set	Total Session Target (3x Max)	Notes
Push	3 strict / 10 knee push-ups	5–6 knee push-ups	**30 knee push-ups**	Use knee push-ups for EMOMs; strict or knee for hard sets
Pull	12 lat pulldowns @ 80 lbs	6 lat pulldowns @ 80 lbs	**36 lat pulldowns @ 80 lbs**	Primary pulling movement
Squat	30 bodyweight squats	15 bodyweight squats	**90 bodyweight squats**	Keep pace smooth and controlled
Core	5 leg raises	3 leg raises	**15 leg raises**	Stop well before form breaks downspan_8span_8span_9span_9span_10span_10

Treadmill Heart Rate Targets (Resting HR: 50–55 bpm):

- **Easy Aerobic Walk (Zone 2): 125–140 bpm** (start around 3.0–3.5 mph at 4%–8% incline; keep hands off the rails).
- **Hill / Stair Intervals: 155–170+ bpm** on hard climbs (10%–14% incline), recovering to ~130 bpm on easy walks (0%–2% incline).

Weekly Schedule

Day	Morning Session (Max 45 Min)	Evening Session (Max 60 Min)
Monday	**Pull Focus + Mobility (~40 min)** **Mobility (8 min):** 90/90 hip switches (6/side), quadruped upper-back rotations (6/side), wall shoulder slides (8 reps) **Main Lift:** Lat Pulldown @ 80 lbs — **4 hard sets** (stop 1–2 reps short of failure, 2.5 min rest) **10-Min EMOM (5 rounds):** • Odd minutes: 6 knee push-ups *(30 total)* • Even minutes: 3 leg raises *(15 total)*	**Easy Incline Walk + Carries (~45–50 min)** **Treadmill (32 min):** Incline walk at **125–140 bpm** (~3.2 mph, 5%–7% grade) **Utility Finisher (10 min):** 3 rounds of heavy farmer's carries (40 sec walk) + 8 easy dumbbell/kettlebell RDLs (60 sec rest)
Tuesday	**Easy Incline Walk + Leg Mobility (~40–45 min)** **Treadmill (32 min):** Incline walk at **125–140 bpm** **Mobility (8 min):** Half-kneeling hip flexor stretch (45 sec/side), side-to-side Cossack squat shifts (5/side), slow calf raises + shin raises (2 × 12)	**Push Focus + EMOM (~45–50 min)** **Mobility (5 min):** Shoulder stretches (30 sec/side) + 2 × 20 sec dead hangs from bar **Main Lift:** Strict Push-ups *(or Knee Push-ups)* — **4 hard sets** (1–2 reps short of failure, 2.5 min rest) **18-Min EMOM (6 rounds):** • Min 1: 6 lat pulldowns @ 80 lbs *(36 total)* • Min 2: 15 squats *(90 total)* • Min 3: Rest

Day	Morning Session (Max 45 Min)	Evening Session (Max 60 Min)
Wednesday	**Full-Body Mobility & Easy Movement (~25–30 min)** • Cat-cow spine waves (6 reps) • Quadruped upper-back rotations (6/side) • Light Jefferson curls (2 × 5 with 10–15 lb weight) • 90/90 hip forward fold (45 sec/side) • Light shoulder external rotations (2 × 10/side) • Optional 10–15 min easy walk	**Rest / Evening Off**
Thursday	**Squat Focus + EMOM (~40 min)** **Mobility (8 min):** Knee-to-wall ankle stretches (10/side), 90/90 hip switches (6/side), cat-cow spine waves (5 reps) **Main Lift:** Goblet or Bodyweight Squats — **4 hard sets** (1–2 reps short of failure, 2.5 min rest) **10-Min EMOM (5 rounds):** • Odd minutes: 6 knee push-ups *(30 total)* • Even minutes: 3 leg raises *(15 total)*	**Hill / Stair Intervals (~45 min)** **Warm-up (6 min):** Easy walk building to ~120 bpm **Intervals (28 min):** 7 rounds of: • 2 min steep walk at 10%–14% incline (**155–170 bpm**) • 2 min easy walk at 0%–2% incline **Cool-down (8 min):** Easy walk + hip flexor & hamstring stretches

Day	Morning Session (Max 45 Min)	Evening Session (Max 60 Min)
Friday	**Easy Incline Walk + Upper Mobility (~40–45 min)** **Treadmill (32 min):** Incline walk at **125–140 bpm** **Mobility (8 min):** Side-lying shoulder rotations (2 × 10/side), upper-back extensions, standing side bends	**Core Focus + Full-Body EMOM (~45–50 min)** **Mobility (5 min):** Dead hangs (2 × 20 sec) + hip flexor stretch **Main Lift:** Leg Raises — **4 hard sets** (1–2 reps short of failure, 2 min rest) **18-Min EMOM (6 rounds):** • Min 1: 6 lat pulldowns @ 80 lbs *(36 total)* • Min 2: 15 squats *(90 total)* • Min 3: 5 knee push-ups *(30 total)*
Saturday	**Long Hike or Incline Walk + Mobility (~55–60 min)** **Cardio (45–50 min):** Outdoor trail/hill walk or treadmill incline walk at **125–140 bpm** **Cool-down (10 min):** Full-body hip, hamstring, shoulder, and spine stretches	**Rest / Evening Off**
Sunday	**Full Rest Day** *(Optional 10–15 min gentle stretching)*	**Full Rest & Week Prep**span_11span_11span_12span_12span_13span_13span_14span_14span_15span_15span_16span_16

Week 5 Retest Checklist

- Take 2 easy/rest days at the end of Week 4span_17span_17span_18span_18.
- Test one unbroken, strict-form max set for:
  - Strict push-ups and knee push-ups
  - Lat pulldowns at 80 lbs (or test a heavier weight)
  - Bodyweight squats
  - Leg raises
- Multiply your new maxes by **3x or 4x** for your next 4-week

blockspan_19span_19span_20span_20.

From:
https://ewrobbins.com/ - **ewrobbins.com**

Permanent link:
https://ewrobbins.com/doku.php?id=fitness&rev=1795883724

Last update: **2026/11/28 16:35**