



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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Workouts



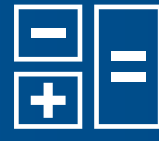
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Videos



Tools

4 DAY REST PAUSE RP-21 MUSCLE
BUILDING WORKOUT SYSTEM

RP-21 rest pause training helps you to increase muscle size and aesthetics. This 4 day upper/lower workout split focuses on big compound movements with no fluff.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-rp21-rest-pause-workout-system>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Machines
Author: Eric Brown

Day 1: Lower Body

Exercise	Sets	Reps
Barbell Squat	7	3
Barbell Hip Thrust	6	5
Dumbbell Reverse Lunge	6	5 Each Leg
Seated Calf Raise	6	5

Day 2: Upper Body

Exercise	Sets	Reps
Dips	7	3
Chin Ups	6	5
Incline Bench Press	6	5
Barbell Bent Over Row	6	5
Decline Dumbbell Tight Press	6	5

Day 3: Lower Body

Exercise	Sets	Reps
Deadlift	7	3
Walking Dumbbell Lunges	6	5 Each Leg
Glute Ham Raises	6	5
Standing Calf Machine Raises	6	5

Day 4: Upper Body

Exercise	Sets	Reps
Pull Ups	7	3
Incline Dumbbell Bench Press	6	5
One Arm Rows	6	5 Each Arm
Close Grip Bench Press	6	5
Barbell Curl	6	5

