

# WEEK 4 - DAY 4

## UPPER BODY - PULL

Back / Biceps / Rear Delts | Age 38 Optimized | Body Recomposition (95kg -> 80kg)

|                        |                 |                         |
|------------------------|-----------------|-------------------------|
| Pre-Workout: 30-40 min | Main: 60-75 min | Post-Workout: 40-50 min |
|------------------------|-----------------|-------------------------|

### PRE-WORKOUT FOUNDATION PROTOCOL (30-40 min)

SCIENCE: At age 38, extended sport-specific warm-ups are CRITICAL. Research shows: 1) Reduces injury risk by 50%+, 2) Improves neural drive and force production, 3) Increases joint synovial fluid for better mobility. Never skip!

| Exercise                    | Sets x Reps        | Rest   | Age 38 Progression Notes          |
|-----------------------------|--------------------|--------|-----------------------------------|
| 1. PUSH-UPS (Full ROM)      | 4 x 12 = 48        | 30-45s | Chest to floor, protect shoulders |
| 2. PULL-UPS (Mixed Grip OK) | 3 x 7 = 21         | 60-90s | Dead hang, control eccentric      |
| 3. WEIGHTED SQUATS (Goblet) | 4 x 10 = 40 @ 18kg | 45-60s | Below parallel, knee health       |

#### FORM CUES (AGE 38 JOINT PROTECTION):

- Push-ups: Hands slightly wider than shoulders, elbows at 45deg (not 90deg flared)
- Pull-ups: Full dead hang, controlled descent (3s negative), vary grip weekly
- Squats: Sit back into hips FIRST, knees track toes, stop if knee pain

### MAIN WORKOUT (60-75 min)

SCIENCE: META-ANALYSIS (PMC5684266): Medium-High Weekly Set volume (5-10+ sets/muscle) produces 15-23% greater strength gains. Tempo 2-1-2 (slower) protects joints at 38. Rest: 2-3min compounds (ATP), 60-90s isolation (metabolic stress). BODY RECOMP: Compound lifts preserve muscle in caloric deficit.

| Exercise                 | Sets | Reps/Tempo        | Rest | Technique Notes                   |
|--------------------------|------|-------------------|------|-----------------------------------|
| Barbell Bent Over Row    | 4    | 6-8 @2-1-2        | 2min | 45deg torso, lower chest, squeeze |
| Lat Pulldown (Wide Grip) | 4    | 10-12 @2-1-2      | 90s  | Lean back 15deg, chest up         |
| Seated Cable Row (V-Bar) | 4    | 10-12 @2-1-2      | 90s  | Pull to navel, retract scapula    |
| Single Arm DB Row        | 3    | 10-12 each @2-1-2 | 60s  | Support on bench, full stretch    |
| Barbell Curls            | 3    | 10-12 @2-1-2      | 60s  | No swing, control 3s negative     |
| Incline DB Curls         | 3    | 12-15 @2-1-2      | 60s  | Stretch position, elbow health    |
| Reverse Flyes            | 3    | 15 @2-1-2         | 45s  | Rear delts + posture correction   |
| Shrugs (DB or Barbell)   | 3    | 12-15 @2-2-2      | 60s  | 2s hold at top, no neck strain    |

### POST-WORKOUT CARDIO (35-45 min)

SCIENCE: BODY RECOMPOSITION KEY: Post-workout LISS cardio maximizes fat oxidation without impairing muscle protein synthesis. At 95kg, walking burns ~85-95 kcal/km. This 3km adds ~270 kcal expenditure toward your 500-700 kcal deficit!

| Activity                | Distance | Target Pace  | Calories Burned |
|-------------------------|----------|--------------|-----------------|
| 1. Main Walk (Brisk+)   | 2.0 km   | 10-11 min/km | ~170-190 kcal   |
| 2. Recovery Walk (Easy) | 1.0 km   | 12-13 min/km | ~85-95 kcal     |
| TOTAL                   | 3.0 km   | 35-45 min    | ~255-285 kcal   |

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### BODY RECOMPOSITION WALKING TIPS (95kg -> 80kg):

- \* Walking at 95kg burns 30% MORE calories than at 80kg - use this advantage!
- \* Post-workout = peak fat oxidation window (glycogen depleted)
- \* Add inclines or stairs when available for +50% calorie burn
- \* Track steps: aim for 10,000+/day (including this walk)

### COOL-DOWN STRETCHING (10-15 min)

| Stretch                     | Duration         | Done |
|-----------------------------|------------------|------|
| Chest Doorway Stretch       | 45 sec each side | [ ]  |
| Cross-Body Shoulder Stretch | 30 sec each      | [ ]  |
| Overhead Tricep Stretch     | 30 sec each      | [ ]  |
| Cat-Cow                     | 10 reps slow     | [ ]  |
| Childs Pose                 | 60 seconds       | [ ]  |
| Thread the Needle           | 30 sec each      | [ ]  |

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### SESSION TRACKING

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Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Energy Level (1-10): \_\_\_\_\_

Workout Quality (1-10): \_\_\_\_\_

Sleep Last Night (hrs): \_\_\_\_\_

Pain/Discomfort (location): \_\_\_\_\_

Key Wins Today: \_\_\_\_\_