

# WEEK 4



**BOBBY WESTSIDE**

2.9.20

@bobbyxwestside

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# QUICK INTRO

Listened to a podcast this week, nbd, with Rob McElhenny (Mac from Always Sunny) talking about his transformations from fat to buff and back and forth and he said when he went to his trainer he started to explain his ideal body type and the dude stopped him right away and said "Brad Pitt from Fight Club. It's always Brad Pitt from Fight Club." He laughed and said shit I was gonna say Brad Pitt from Fight Club.

Building on last week's EMOM, this week we're going to dive into AMRAPs, or As Many Rounds As Possible, combining separate moves into a challenging circuit. We'll do the exercises individually and then AMRAP twice, once to set the pace and then once to try and beat it.

While the goal with an EMOM is usually to finish quickly to allow for more recovery, AMRAPs tend to focus more on pacing and not burning out early. Move efficiently from exercise to exercise and hold yourself to going through it twice so you can measure your progress through the workout.

Let me know how it goes!



# OTHER STUFF

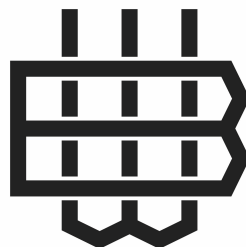
Hey friends! Just popping in quickly to say that these weekly total body circulations are meant to supplement the quarterly programs I put out on the site.

They are quicker and abbreviated programs that get the job done when you can't dedicate a ton of time or energy to the gym that day or week.

I would encourage you to focus your workouts so that every day isn't a total body burner, otherwise you're not hitting certain muscle groups hard enough to build muscle, or you're not giving the muscle groups you did hit hard enough the proper time to recover.

And finally, of course these are meant to be guides but I can't be in the gym with you to ensure your safety at all times. Be careful, be thoughtful, and of course take your time with heavy weights and any unfamiliar movements.

Hope you enjoy! Let me know any questions, comments, or feedback via DM, text, email, etc.



# UPPER BODY

**Superset 1 • 3 sets, 10 reps each**

**H** 1A | BB/DB Chest Press

**M** 1B | DB Bicep Curls

**M** 1C | DB Shoulder Press

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

AMRAP 2 | 5 min, 5 reps of each

**Superset 2 • 3 sets, 10 reps each**

**H** 2A | BB/DB Row (opt. single arm)

**M** 2B | DB Overhead Tricep Extension (1 DB)

**M** 2C | DB Lat Pullover (1 DB)

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

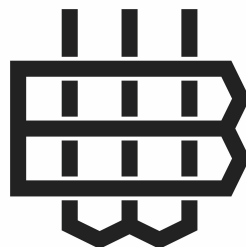
AMRAP 2 | 5 min, 5 reps of each

**2020 Finisher • 6 rounds**

20s pushups

20s pullups

20s recovery



Heavy

Medium

Light

BB = Barbell  
DB = Dumbbell  
KB = Kettlebell

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# LOWER BODY

**Superset 1 • 3 sets, 10 reps each**

- H 1A | BB/DB Deadlift
- H 1B | DB Standing Oblique Crunch (1 DB)
- H 1C | DB Snatch (5L | 5R)

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

AMRAP 2 | 5 min, 5 reps of each

**Superset 2 • 3 sets, 10 reps each**

- H 2A | BB/DB Back Squat
- M 2B | DB Swing (2 DBs)
- M 2C | DB Weighted Jump Lunges

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

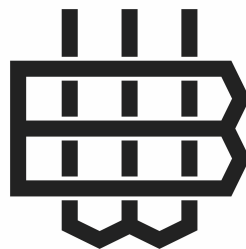
AMRAP 2 | 5 min, 5 reps of each

**2020 Finisher • 6 rounds**

20s glute bridge

20s heavy crunch

20s recovery



Heavy

Medium

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# TOTAL BODY

Superset 1 • 3 sets, 10 reps each

H 1A | BB/DB Deadlift

H 1B | DB Row

H 1C | DB Swing (1 DB)

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

AMRAP 2 | 5 min, 5 reps of each

Superset 2 • 3 sets, 10 reps each

H 2A | BB/DB Chest Press

M 2B | DB Standing Bicep Curls

M 2C | DB Front Squats

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

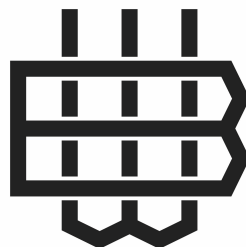
AMRAP 2 | 5 min, 5 reps of each

2020 Finisher • 6 rounds

20s pushups

20s jump squats

20s recovery



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# ISOLATED CHEST

Superset 1 • 3 sets, 10 reps each

**H** 1A | BB/DB Bench Press

**M** 1B | DB Chest Fly

1C | Pushups

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

AMRAP 2 | 5 min, 5 reps of each

Superset 2 • 3 sets, 10 reps each

**H** 2A | BB/DB Incline Press

**M** 2B | Incline Skullcrush (opt. DB Kickback)

2C | Pushups

AMRAP 1 | 5 min, 5 reps of each

Recover 2-3 minutes

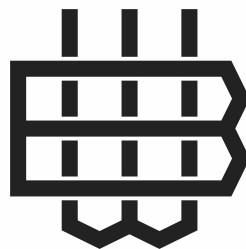
AMRAP 2 | 5 min, 5 reps of each

2020 Finisher • 6 rounds

20s pushups

20s low pushup hold

20s recovery



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