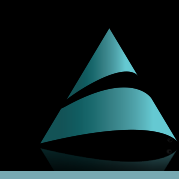


4 + 8 SYSTEM
THE ANTIGAP





Program Color Tagging



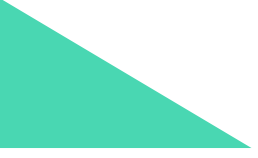

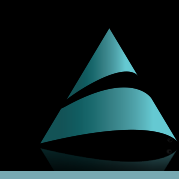
-  Advanced Lifters with 2 years or more training age.
-  New Lifters with 1-2 years of training age.
-  Beginners with 0 years of training age.
-  Rehabilitation

Table of Content

<i>The ANTIGAP 4+8</i> - What is it and who is behind it?	3
How to use your Program	
Your Weekly Breakdown	4
Your Workout	5
<i>THE ANTIGAP</i>	7
Weekly Breakdown	8
The Program	9
Progress Tracking	11
Abbreviations	13
Disclaimer	14



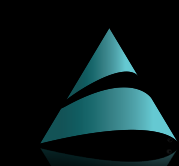
WHAT IS IT?

Introducing the revolutionary **AntiGap** workout – your key to an incredibly efficient exercise routine in minimal time. With today's hectic lifestyle, finding time for self-care can be a challenge amid numerous responsibilities. That's why we designed the **AntiGap**, offering a powerful workout that takes just **18 minutes**, making it accessible to everyone. Embrace a new era of quick, effective fitness and prioritise your well-being with ease.

The **AntiGap** uses the **4+8** method on its main lifts, meaning you will perform 4 reps with a heavier weight and then immediately decrease the weight and go for 8 more reps. The heavier set of 4 reps will help to potentiate strength while the set of 8 will allow for more hypertrophy making this workout suitable for many different goals.

It is advised to use a weight that is 20-30% lighter than your 4 rep max and 8 rep max respectively for the A and B series. The C series is an optional extra that will increase the workout time to 27 mins. Enjoy making excellent results in the fastest time with the **AntiGap** and most importantly: **never miss a workout ever again!**





HOW TO USE YOUR PROGRAM

YOUR WEEKLY BREAKDOWN

The Weekly Breakdown is an optimal training schedule, which is designed to:

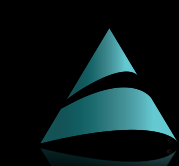
1. Prioritise lacking body parts optimally
2. Achieve best recovery and frequency exposure both for optimal recovery, training experience and results.

Example 1 with legs and overall recovery as priority.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEGS	OFF	CHEST & BACK	OFF	ARMS	OFF	OFF

Example 2 with higher frequency for a better exposure of each body part.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER 01	LOWER 01	OFF	UPPER 02	LOWER 02	OFF	OFF



How To Use Your Program

YOUR WORKOUT

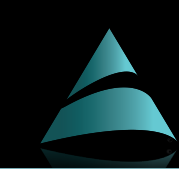
Exercise Order	Exercise Name	Video	Amount of Sets	Reps or Rep Range	Speed of each Rep	Rest between Sets
ORDER	EXERCISE		SETS	REPS	TEMPO	BREAK
A1	LAYING LEG CURL		3	12	3010	45
A2	BB BACK SQUAT		3	8-10	4210	45
B	BELT SQUAT		4	20-24	4010	60
C1	FFE DB SPLIT SQUAT		3	10	3011	30
C2	SISSY SQUAT		3	10	5011	30
C3	REVERSE HYPERS		3	10-12	3211	120

- Tri-set: Do 3 sets of C1, C2 & C3 with 30s break C1 & C2, C2 & C3, then do C3 and rest for 120s.
- Straight Set: Finish 4 sets of B with 60s rest in-between then move to C1.
- Super-Set: Do 3 sets of A1 & A2 with 45s break in-between, then move to B.

Exercise Order: The order in which the exercises shall be executed. Complete all the Ai exercises before moving to the Bi exercises and then Ci , etc.

Sets: Total sets to be done for each exercise. Options are:

- A fix number: 3 or 5
- An interval: 4-5



HOW TO USE YOUR PROGRAM

YOUR WORKOUT

Reps: Indicates the amount of repetitions to be executed. Possible options are:

- A fix number: 12 or 3
- A range: 10-12 or 20-24
- Different numbers for each set: 12, 10, 6, 6, 12 or 6, 6, 5, 5, 4, 4

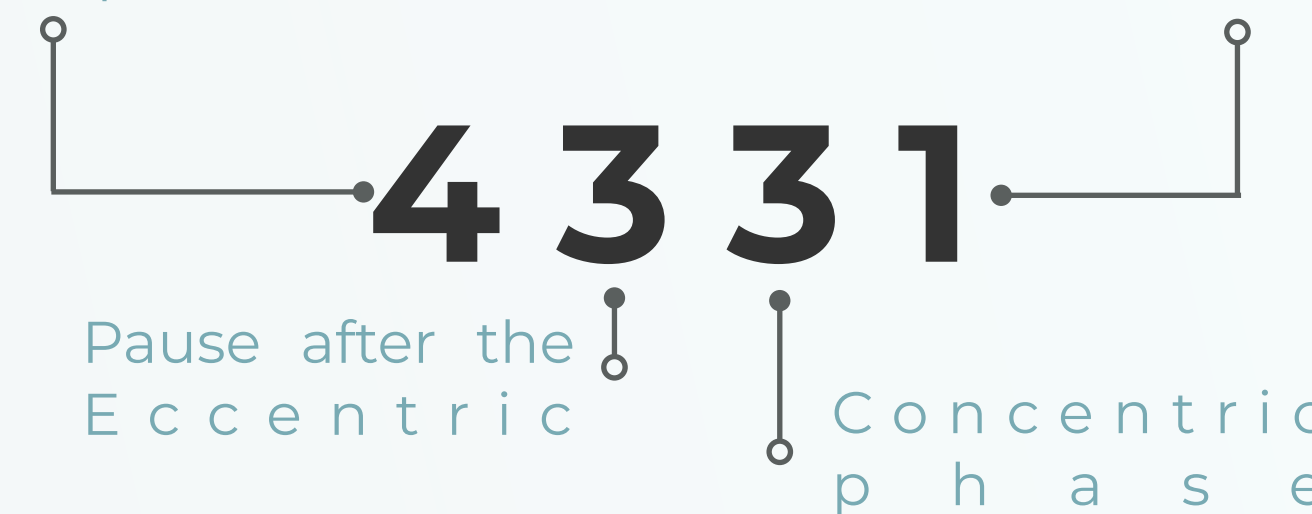
 Do you know when the weight is right for the rep count say n?

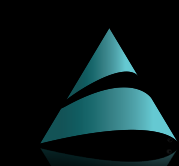
You should be able to do between n-1 and n+1 reps, are you doing less then n-1 then the weight is too heavy, are you doing more then n+1 then its too light.

Tempo: Is given in four digits, e.g., 4021 or 1010, and indicates the speed of the repetition. In some lifts, e.g., olympic lifting exercises, the third digit is given as X and stands for explosive concentric phase, e.g., 10X0.

Eccentric phase

Pause after the Concentric





4 + 8

THE ANTIGAP





Weekly Breakdown

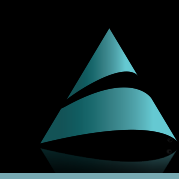
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION 1	OFF	SESSION 2	OFF	SESSION 1	OFF	OFF
SESSION 2	OFF	SESSION 1	OFF	SESSION 2	OFF	OFF



This is a split with 3 workouts per week. This is ideal for people having a busy schedule and cannot commit to a higher frequency due to time restraints and potentially higher stress levels.

Shall you have a better recovery, less workload and motivated to do more then you will surely see faster results with the higher frequency. In this case you can follow the following breakdown instead:







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION 1	SESSION 2	OFF	SESSION 1	SESSION 2	OFF	OFF
SESSION 1	SESSION 2	OFF	SESSION 1	SESSION 2	OFF	OFF



SESSION 1

PROGRESSIONS:

Complete 4 reps then immediately drop the weight and go for 8 reps

ORDER	EXERCISE	SETS	REPS	TEMPO	BREAK
A1	BELT SQUAT ¹ 	3	4+8	4010	30
A2	MACHINE OHP 	3	4+8	4010	30
B1	BENT OVER ROW - BB - SG 	3	4+8	4010	30
B2	BENCH PRESS - BB 	3	4+8	4010	30
C1	BICEP CURL - INCLINE 45 - DB 	3	12	4010	30
C2	TRICEP PUSHDOWN - PG 	3	12	4010	30

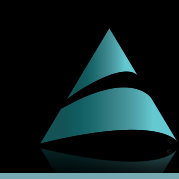
Exact total length A's and B's 18min, if you include C's then time will be 27 mins

1) If you don't have access to a Belt squat then you can substitute with BB Back squat, hack squat or leg press



Charles Poliquin Rule 1: Prior to starting with the Bi you should feel nauseated, if not then your weights are too small and/or your rest is too long.







Charles Poliquin Rule 2: If your workout is 1.5 hour or longer you are making friends.



SESSION 2

PROGRESSIONS:

Complete 4 reps then immediately drop the weight and go for 8 reps

ORDER	EXERCISE	SETS	REPS	TEMPO	BREAK
A1	PENDULUM SQUAT ¹ 	3	4+8	4010	30
A2	INCLINE BP - BB 	3	4+8	4010	30
B1	MACHINE ROW 	3	4+8	4010	30
B2	DECLINE BP - DB - NG 	3	4+8	4010	30
C1	DB SIDE LATERAL RAISE 	3	12	4010	30
C2	DB DECLINE PEC FLY 	3	12	4010	30

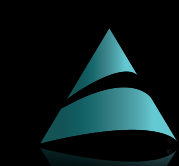
Exact total length A's and B's 18min, if you include C's then time will be 27 mins

1) If you don't have access to a Pendulum squat then you can substitute with BB Back squat, hack squat or leg press



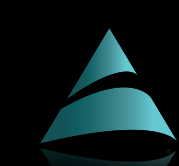
Charles Poliquin Rule 1: Prior to starting with the Bi you should feel nauseated, if not then your weights are too small and/or your rest is too long.

Charles Poliquin Rule 2: If your workout is 1.5 hour or longer you are making friends.



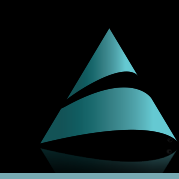
SESSION 1 - Progress Tracking

WEEK	ORDER	WEIGHT			
		SET 1	SET 2	SET 3	SET 4
1	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
2	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
3	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
4	A1				
	A2				
	B1				
	B2				
	C1				
	C2				



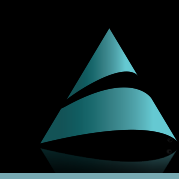
SESSION 2 - Progress Tracking

WEEK	ORDER	WEIGHT			
		SET 1	SET 2	SET 3	SET 4
1	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
2	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
3	A1				
	A2				
	B1				
	B2				
	C1				
	C2				
4	A1				
	A2				
	B1				
	B2				
	C1				
	C2				



Abbreviations

ABBREVIATIONS	EXPLANATION
BB	BARBELL
BBS	BARBELL SQUAT
BFE	BACK FOOT ELEVATED
BP	BENCH PRESS
BSS	BULGARIAN SPLIT SQUAT
CG	CLOSE GRIP, HANDS ABOUT 10cm APPART
DB	DUMBBELL
DL	DEAD LIFT
FFE	FRONT FOOT ELEVATED
FS	FRONT SQUAT
KLC	KNEELING LEG CURL
LLC	LAYING LEG CURL
MG	MEDIUM GRIP, ARMS PARALELL
NG	NEUTRAL GRIP, PALMS FACING EACHOTHERS
PG	PRONATED GRIP, PALMS DOWN
RDL	ROMANIAN DEAD LIFT
SG	SUPINATED GRIP, PALMS UP
SLC	SEATED LEG CURL
SS	SPLIT SQUAT
WG	WIDE GRIP, HANDS SLIGHTLY FURTHER THAN IN MEDIUM GRIP POSITION.



Disclaimer

DISCLAIMER

The right of Riad Hechame to be identified as the author of this work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988. This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the Riad's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

The author offers the information in this work solely as a human-performance coach. Readers are strongly advised to consult with a physician or other licensed healthcare professional before utilising any of the information in this program.



PEAK
HUMAN
PERFORMANCE