

THE PRIME METHOD

# 4-WEEK PRIME BODY PROGRAM

HIGH-INTENSITY · PROGRESSIVE OVERLOAD · FUNCTIONAL MOVEMENT

4 WEEK

4 DAYS/WI

GYM-BAS

ALL LEVELS

# Welcome to the Program

Everything you need to know before you start

The 4-Week Prime Body Program is built on three pillars that work together to transform your body and build lasting fitness: **high-intensity metabolic training** that keeps your heart rate elevated and burns fat efficiently, **progressive overload** that systematically adds challenge each week so your body never plateaus, and **functional movement** that builds real-world strength and mobility alongside aesthetic results.

This is not a random collection of exercises. Every session is designed with a purpose. Every week builds on the last. By Week 4, you will be lifting heavier, moving better, recovering faster, and looking noticeably different.

## HOW THE PROGRAM IS STRUCTURED

ELEMENT	DETAIL
Duration	4 weeks, 4 sessions per week
Session length	50–65 minutes including warm-up
Structure	Upper Push · Lower Hinge · Full Body HIIT · Upper Pull
Progressive overload	Volume and intensity increase each week
Rest days	Wednesday, Saturday, Sunday (active recovery optional)
Equipment needed	Barbell, dumbbells, cable machine, pull-up bar

**Progressive Overload Rule:** Each week, aim to either add 2.5–5kg to your compound lifts OR complete 1–2 more reps per set compared to the previous week. Track your weights in the log at the end of this guide. This is the most important principle in the program — do not skip it.

## HOW TO WARM UP

Every session begins with a 5–8 minute general warm-up: 3 minutes light cardio (row, bike, or jog), followed by 2 rounds of: 10 bodyweight squats, 10 hip circles each side, 10 arm circles, 10 cat-cows, and 5 inchworms. Then complete 1–2 warm-up sets of your first exercise at 50–60% of your working weight before starting your working sets.

## RPE GUIDE (RATE OF PERCEIVED EXERTION)

RPE	DESCRIPTION	FEEL
6–7	Moderate effort	Could do 4+ more reps — use as warm-up sets
8	Hard	Could do 2–3 more reps — most working sets
9	Very hard	Could do 1 more rep — final sets, AMRAP sets
10	Max effort	Could not do another rep — use sparingly

WEEK 1

# FOUNDATION

Build your base · Master the movements · Sets of 3×10–12

This week's target: 3 sets · 10–12 reps · RPE 7–8 · 90 sec rest on compounds, 60 sec on accessories

## DAY 1

Upper Body — Push + Core

EXERCISE	SETS	REPS / TIME	REST	NOTES
Barbell Bench Press	3–4	See week	90s	Control the eccentric — 2 sec down
Incline Dumbbell Press	3–4	See week	75s	Full stretch at bottom
Cable Lateral Raise	3	12–15	60s	Controlled, avoid swinging
Overhead Dumbbell Press	3	See week	75s	Brace core throughout
Cable Tricep Pushdown	3	12–15	60s	Superset w/ overhead extension in Wk3
Overhead Tricep Extension	3	12–15	60s	Superset w/ above in Wk3+
Plank Hold	3	30–45 sec	45s	Full body tension — no sagging hips
Ab Wheel / Rollout	3	8–12	45s	Slow and controlled

## DAY 2

Lower Body — Squat + Hinge + Mobility

EXERCISE	SETS	REPS / TIME	REST	NOTES
Barbell Back Squat	3–4	See week	2 min	Depth to parallel or below
Romanian Deadlift	3–4	See week	90s	Hip hinge — soft knee, flat back
Leg Press	3	10–12	75s	Feet shoulder-width, full range
Walking Dumbbell Lunge	3	10 each leg	75s	Upright torso, controlled step
Leg Curl (machine)	3	12–15	60s	Pause at peak contraction
Standing Calf Raise	4	15–20	45s	Full range, slow eccentric
Hip 90-90 Stretch	2	60 sec each	—	Hold at end range, breathe
Pigeon Pose / Hip Flexor Stretch	2	45 sec each	—	End of session mobility

## DAY 3

Full Body HIIT + Functional

EXERCISE	SETS	REPS / TIME	REST	NOTES
Kettlebell / DB Swing	4	15 reps	45s	Hip hinge drive — not a squat
Push-Up Variation	4	12–15	45s	Tempo push-ups or archer push-ups

EXERCISE	SETS	REPS / TIME	REST	NOTES
<b>Goblet Squat</b>	4	12	45s	Elbows between knees at bottom
<b>Dumbbell Row (each arm)</b>	4	12	45s	Elbow drives back — full stretch
<b>Box Jump / Squat Jump</b>	4	8–10	60s	Land soft — absorb with hips
<b>Battle Ropes / Mountain Climbers</b>	4	30 sec	30s	Max effort each set
<b>Farmer Carry</b>	3	30m walk	60s	Shoulders packed, core braced
<b>Burpee to Pull-Up</b>	3	6–8	75s	Scale: burpee + jump if no bar

**DAY 4**

## Upper Body — Pull + Rear Delt + Arms

EXERCISE	SETS	REPS / TIME	REST	NOTES
<b>Barbell / Weighted Pull-Up</b>	3–4	See week	90s	Full hang to chin over bar
<b>Barbell or DB Row</b>	3–4	See week	90s	Chest to pad, full retraction
<b>Cable Face Pull</b>	3	15–20	60s	External rotation — elbows high
<b>Single-Arm Cable Row</b>	3	12 each	60s	Rotate and reach at extension
<b>Rear Delt Fly (cables or DBs)</b>	3	15	60s	Slight bend in elbows
<b>EZ Bar / Dumbbell Curl</b>	3	10–12	60s	Full supination at top
<b>Hammer Curl</b>	3	10–12	60s	Superset w/ above in Wk3+
<b>Dead Hang / Band Pull-Apart</b>	3	30 sec / 15	45s	Shoulder health — non-negotiable

## WEEK 2

**BUILD**

Increase volume · Add load · Push your threshold · Sets of 4x8–10

**This week's target:** 4 sets · 8–10 reps · RPE 8 · 90 sec rest on compounds, 60 sec on accessories

**DAY 1**

## Upper Body — Push + Core

EXERCISE	SETS	REPS / TIME	REST	NOTES
Barbell Bench Press	3–4	See week	90s	Control the eccentric — 2 sec down
Incline Dumbbell Press	3–4	See week	75s	Full stretch at bottom
Cable Lateral Raise	3	12–15	60s	Controlled, avoid swinging
Overhead Dumbbell Press	3	See week	75s	Brace core throughout
Cable Tricep Pushdown	3	12–15	60s	Superset w/ overhead extension in Wk3
Overhead Tricep Extension	3	12–15	60s	Superset w/ above in Wk3+
Plank Hold	3	30–45 sec	45s	Full body tension — no sagging hips
Ab Wheel / Rollout	3	8–12	45s	Slow and controlled

**DAY 2**

## Lower Body — Squat + Hinge + Mobility

EXERCISE	SETS	REPS / TIME	REST	NOTES
Barbell Back Squat	3–4	See week	2 min	Depth to parallel or below
Romanian Deadlift	3–4	See week	90s	Hip hinge — soft knee, flat back
Leg Press	3	10–12	75s	Feet shoulder-width, full range
Walking Dumbbell Lunge	3	10 each leg	75s	Upright torso, controlled step
Leg Curl (machine)	3	12–15	60s	Pause at peak contraction
Standing Calf Raise	4	15–20	45s	Full range, slow eccentric
Hip 90-90 Stretch	2	60 sec each	—	Hold at end range, breathe
Pigeon Pose / Hip Flexor Stretch	2	45 sec each	—	End of session mobility

**DAY 3**

## Full Body HIIT + Functional

EXERCISE	SETS	REPS / TIME	REST	NOTES
Kettlebell / DB Swing	4	15 reps	45s	Hip hinge drive — not a squat
Push-Up Variation	4	12–15	45s	Tempo push-ups or archer push-ups

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<b>Goblet Squat</b>	4	12	45s	Elbows between knees at bottom
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<b>Battle Ropes / Mountain Climbers</b>	4	30 sec	30s	Max effort each set
<b>Farmer Carry</b>	3	30m walk	60s	Shoulders packed, core braced
<b>Burpee to Pull-Up</b>	3	6–8	75s	Scale: burpee + jump if no bar

**DAY 4**

## Upper Body — Pull + Rear Delt + Arms

EXERCISE	SETS	REPS / TIME	REST	NOTES
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<b>EZ Bar / Dumbbell Curl</b>	3	10–12	60s	Full supination at top
<b>Hammer Curl</b>	3	10–12	60s	Superset w/ above in Wk3+
<b>Dead Hang / Band Pull-Apart</b>	3	30 sec / 15	45s	Shoulder health — non-negotiable

WEEK 3

**INTENSIFY**Drop rest periods · Superset accessories ·  
Metabolic push**This week's target:** 4 sets · 8–10 reps · RPE 8–9 · 75 sec rest · Accessories in supersets**DAY 1**

Upper Body — Push + Core

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Incline Dumbbell Press	3–4	See week	75s	Full stretch at bottom
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**DAY 2**

Lower Body — Squat + Hinge + Mobility

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Hip 90-90 Stretch	2	60 sec each	—	Hold at end range, breathe
Pigeon Pose / Hip Flexor Stretch	2	45 sec each	—	End of session mobility

**DAY 3**

Full Body HIIT + Functional

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WEEK 4

**PEAK**

Max effort on compounds · AMRAP final sets · Full intensity

This week's target: 4–5 sets · 6–8 reps · Final set AMRAP · RPE 9 · 2 min rest compounds

**DAY 1**

Upper Body — Push + Core

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# Exercise Library

Key form cues for the primary movements

## BARBELL BACK SQUAT

Bar sits on upper traps. Feet shoulder-width, toes slightly out. Break at hips and knees simultaneously. Keep chest tall and knees tracking over toes. Descend until hips are at or below knee level. Drive through the whole foot on the way up. Brace your core like you're about to take a punch before every rep.

## ROMANIAN DEADLIFT

Start standing with the bar at hip height. Push hips back — not down — while the bar travels close to your legs. Keep a flat back throughout. Descend until you feel a strong hamstring stretch (usually mid-shin level). Drive hips forward to return. This is a hamstring and glute exercise — your lower back should never be the primary mover.

## BARBELL BENCH PRESS

Feet flat on floor, slight arch in lower back. Bar directly over your eyes when unracking. Lower the bar to the lower chest with elbows at roughly 45 degrees to your torso — not flared wide. Touch chest lightly, press explosively. Squeeze the bar like you're trying to bend it inward throughout the movement.

## PULL-UP

Start from a dead hang with arms fully extended. Initiate by depressing your shoulder blades (think: shoulders away from ears). Pull elbows down and back until your chin clears the bar. Lower under control — 2 seconds down. Scale: assisted machine or band. Progress: add a weight belt or dumbbell between feet.

## KETTLEBELL SWING

This is a hip hinge, not a squat. Hike the kettlebell back between your legs like a football snap. Drive your hips explosively forward — the bell floats to shoulder height from the hip drive, not from your arms pulling it up. Snap hips at the top, squeeze glutes, brace core. Control the descent back to the hinge position.

## DUMBBELL ROW

Support with the opposite hand and knee on a bench. Keep hips square to the floor. Start with the dumbbell at full arm extension, letting the shoulder blade protract. Drive your elbow straight back past your hip. Squeeze the back at the top. Avoid rotating your torso — this is a back exercise, not a twisting exercise.

# Progress Tracker

Record your weights each session — this is your proof of work

Fill in your working weights for each compound lift every week. If you are not progressing, check your sleep, nutrition, and recovery before adding more volume. Progress is the goal — these numbers should move upward over the 4 weeks.

LIFT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL GAIN
<b>Barbell Back Squat</b>	___kg	___kg	___kg	___kg	___kg
<b>Romanian Deadlift</b>	___kg	___kg	___kg	___kg	___kg
<b>Barbell Bench Press</b>	___kg	___kg	___kg	___kg	___kg
<b>Pull-Up (added weight)</b>	___kg	___kg	___kg	___kg	___kg
<b>Overhead Press</b>	___kg	___kg	___kg	___kg	___kg
<b>Barbell Row</b>	___kg	___kg	___kg	___kg	___kg

## WEEKLY CHECK-IN NOTES

Week 1 — How did it feel? What was hardest?

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Week 2 — Where did you improve? What needs work?

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Week 3 — Energy levels? Recovery quality?

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Week 4 — Best achievements this month:

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## What Comes Next

You have just completed one of the most effective training protocols for building a leaner, stronger, more functional body. Here's how to keep the momentum going:

### Repeat the program at higher intensity

Run weeks 1–4 again but start where Week 4 left off in terms of loading. Your new Week 1 weights should be your old Week 4 weights.

### Track your measurements

Take photos and measurements (chest, waist, hips, arms, thighs) at the end of each 4-week block. The scale alone doesn't tell the full story — body composition matters more.

### Dial in your nutrition

Training creates the stimulus — nutrition delivers the result. Download the Prime Method Nutrition Guide (sold separately) to pair with this program for maximum results.

### Consider 1:1 coaching

Want a program built specifically for your body, your schedule, and your goals? DM @body\_by\_bern\_pt on Instagram to enquire about personalised online coaching.

@body\_by\_bern\_pt · The Prime Method · Results require consistency.