Rules of Application

• This is a Hybrid (MET + Hypertrophy) training program. The goal of this program is hypertrophy/physique development and conditioning, through traditional strength training exercises and functional movements.

• This program utilizes quad-plexes (1a, 1b, 1c, 1d). Exercises in quad-plexes are to be done together as one set with little to no rest between each station within a complex. The exercises are sequenced in such a way that O2 should be consistent through each day of the program.

• Take normal post set rest, after the completion of one quad-plex (2-3 minutes – go by feel and your own biofeedback). Complete all sets of each quad-plex before doing the next.

• When possible once movements are mastered look to ways to “progress” the non-strength focus (functional) exercises. This is done by increasing distance/range of motion and THEN adding an extra movement, or adding extra resistance. Balance moves are always done slowly.

• Perform a GENERAL warm up, lasting 5-8 minutes, consisting of: Ankle Pops, Butt Kicks, MB Frontal Plane Circles, Arm Circles, Unloading Knees, Scarecrow, Lateral Shuffle, Limited ROM Push Ups.

• The first quad-plex of each day includes a couple of progressively increased intensity of warm up sets. Feel free to add an extra set or two of warm ups, that don’t count toward the total. That includes for the auxiliary movements as well.

• This is a 4-day program. Follow this format: 2 days on, 1 day off, 2 days on, 2 day off format. So, for example:
  ◦ Monday: Day 1
  ◦ Tuesday: Day 2
  ◦ Wednesday: OFF
  ◦ Thursday: Day 3
  ◦ Friday: Day 4
  ◦ Saturday: OFF
  ◦ Sunday: OFF
This program should be progressed and tapered as follows:

- For weeks one and two do only exercise “a” and “b” of each complex.

- If you feel conditioned enough to do progress, then at week three add in exercise “c” but drop back to 3 sets for each exercise – if you think you’re not ready, no problem, just wait a week and do it on week 4. Make sure that when you do add in exercise c, you drop down to 3 sets, though.

- By week 5-7 you should be able to do the program at its full expression, all 4 exercises in each quadplex. You can stay at 3 sets, to if you’re really feeling great, move up to 4. (But feel free to stay at 3 sets of each. It is more than enough.)

- Once you’re there, follow the full expression for 6 more weeks, then taper down the same way you progressed up. This means drop exercise “d” from each complex for two weeks. Then two weeks later, drop exercise “c” from each complex, but add in that 4th set again. So the last two weeks you will finish the way you started, at two weeks of just exercise “a” and “b” of each complex

- For the first 2-3 weeks when only doing exercise “a” and “b” of each complex – your workouts will be shorter, so follow each of the workouts at this point with 30 minutes of any kind of cardio machine (except no running or jogging). Once you add in exercise “c” at week 3 or 4, drop the post-workout cardio. Any training on other “off days” would be based on your personal needs, background, and how much you need. Use your head. More is not necessarily better, especially with a program like this.

- If you are new to MET training or unfamiliar with a lot of the exercises, stick to the sample program below for the first 6-8 weeks, then start choosing your own exercises.

- Any exercises you don’t recognize or are unfamiliar with, you can find them in my exercise library at scottabelfitness.com/library – there are three separate library options to look through there.
**Day 1**

**Quad-Plex #1**

1a) Any Loaded and/or Compound Chest Exercise 3-4 X’s 6-8
1b) Any Unloaded and/or Isolation Back Exercise 3-4 X’s 8-10
1c) Any Loaded Bicep Exercise 3-4 X’s 8-10
1d) Any Abs Exercise 3-4 X’s 12-Max

**Quad-Plex #2**

2a) Any Loaded and/or Compound Chest Exercise 3-4 X’s 6-8
2b) Any Unloaded and/or Isolation Back Exercise 3-4 X’s 10-12
2c) Any Loaded Bicep Exercise 3-4 X’s 10-12
2d) Any Abs Exercise 3-4 X’s 12-Max

**Quad-Plex #3**

3a) Any Loaded or Compound Chest Exercise 3-4 X’s 8-12
3b) Any Unloaded and/or Isolation Back Exercise 3-4 X’s 10-12
3c) Any Loaded Bicep Exercise 3-4 X’s 10-12
3d) Any Abs Exercise 3-4 X’s 12-Max

**Unloaded Back Exercises**

- Recline/TRX Pull Ups
- DB Straight Arm Pullovers
- Cable Straight Arm Pulldowns
- Tubing or Cable Compound Row
- Bent Alt. Tubing Rows
- Tubing or Cable Rows
- Any Pulldown Variations
- Tubing Swimmers

**Abs Exercises**

- SB Leg Raises
- Alt. Chopper Sit Ups
- Leg Climbs
- SB Crunches
- SB Knee Tucks
- Lying Leg Raises
- Hanging Leg Raises/Crunches
- Lying Leg Overs
- Alt. Kick Crunch on Bosu
- SB Full Sit Up w MB

**Day 1 RULES:**

Do any bench presses for exercise “a” of each quad-plex (flat, incline, DB or BB, machine, etc.)

No bent rows or deadlifts of any kind on Day 1!
Day 2

Quad-Plex #1
1a) Any Loaded Leg Exercise 3-4 X’s 6-8
1b) Any Posterior Chain Exercise 3-4 X’s 10-12
1c) Any Non-Pressing Delt Exercise 3-4 X’s 10-15
1d) Any Loaded Triceps Exercise 3-4 X’s 8-10

Quad-Plex #2
2a) Any Loaded Leg Exercise 3-4 X’s 6-8
2b) Any Posterior Chain Exercise 3-4 X’s 12-15
2c) Any Non-Pressing Delt Exercise 3-4 X’s 10-15
2d) Any Loaded Triceps Exercise 3-4 X’s 10-12

Quad-Plex #3
3a) Any Single-Leg Loaded Leg Exercise 3-4 X’s 10-15
3b) Any Posterior Chain Exercise 3-4 X’s 15-20
3c) Any Unloaded Delt Exercise 3-4 X’s 10-15
3d) Any Loaded Triceps Exercise 3-4 X’s 10-12

Posterior Chain Exercises
- ABC Tubing Extensions
- Birddogs
- Alt. Supermans
- SB Hyperextensions
- SB Reverse Hyperextensions
- SB Straight Leg Lateral Raises
- Good Mornings
- Cable Pull-Throughs

Unloaded Delt Exercises
- NO SHOULDER PRESSES
- Front Raises = DB front raises, cable front raises, and can be alternating, 2 Arm or 1 Arm
- Lateral Raises = DB or Cable or alternating or 2 Arm or 1 Arm
- Upright Rows = DB or BB or Alternating or 2 Arm
- Bent Lateral Raises = DB or Cables or 1 Arm or 2 Arm

Day 2 RULES:
Do any squats or leg press for exercise “a” of quad-plex 1 and 2
No shoulder presses for this day at all!
If going to do leg extensions only do so at Quadplex 3.

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Day 3

Quad-Plex #1

1a) Any Loaded Back Exercise 3-4 X’s 6-10
1b) Any Unloaded or Isolation Chest Exercise 3-4 X’s 10-15
1c) Any Chopper Exercise (both sides) 3-4 X’s 10-15 ES
1d) Any Calves Exercise 3-4 X’s 12-20

Quad-Plex #2

2a) Any Loaded Back Exercise 3-4 X’s 8-10
2b) Any Unloaded Chest Exercise 3-4 X’s 10-15
2c) Any Chopper Hamstring Exercise 3-4 X’s 10-15 ES
2d) Any Calves Exercise 3-4 X’s 15-20

Quad-Plex #3

3a) Any Loaded Back Exercise 3-4 X’s 8-12
3b) Any Unloaded Chest Exercise 3-4 X’s 12-15
3c) Any Chopper Exercise 3-4 X’s 10-15 ES
3c) Any Calves Exercise 3-4 X’s 20-25

Unloaded Chest Exercises
- Flat or Incline DB Flyes
- Any Free Motion or Cable Pushing/Punching Exercises – 2 Arm, 1 Arm, Alternating
- Free Motion or Machine Presses can also be used
- One Arm or Alternating DB Flat Bench Press
- Pec Deck or machine flyes
- Cable Crossovers
- TRX Chest Press
- Elevated MB Push ups etc

Chopper Exercises
- Vertical Chops – MB or Weight Plate
- ABC Vertical Chops – MB or Weight Plate
- Diagonal Chops – MB or Weight Plate
- Tubing or Cable LOW to HIGH Chops
- Tubing or Cable HIGH to LOW Chops
- Tubing or Cable Horizontal Chops

Day 3 RULES:

Do any bent row for exercise “a” of each quad-plex (BB or DB, 1 Arm or 2 Arm, T-Bar, Seated Cable Rows, etc.)

Do any continuous tension exercise for exercise “b”

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Day 4

Quad-Plex #1
1a) Any Loaded Delt Exercise  3-4 X’s 6-10
1b) Any Hamstring Exercise  3-4 X’s 10-15
1c) Any Biceps Exercise  3-4 X’s 10-15
1d) Any Triceps Exercise  3-4 X’s 10-15

Quad-Plex #2
2a) Any Loaded Delt Exercise  3-4 X’s 8-10
2b) Any Hamstring Exercise  3-4 X’s 10-15
2c) Any Biceps Exercise  3-4 X’s 10-15
2d) Any Triceps Exercise  3-4 X’s 10-15

Quad-Plex #3
3a) Any Loaded Delt Exercise  3-4 X’s 8-12
3b) Any Hamstring Exercise  3-4 X’s 10-15
3c) Any Biceps Exercise  3-4 X’s 10-15
3d) Any Triceps Exercise  3-4 X’s 12-15

Hamstring Exercises
- DB or BB Stiff Legged Deadlifts
- DB One Leg One Arm Deadlift
- Seated or Lying Leg Curls (2 Leg or 1 Leg)
- TRX or SB Leg Curls or Hip Lifts with Hip Bridges
- One Leg Anterior Reach

Day 4 RULES:
Do any shoulder PRESS for exercise “a” of quad-plex 1 (BB or DB, Machine, etc)
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SAMPLE DAYS

SAMPLE Day 1

Quad-Plex #1

1a) DB Flat or Incline Bench Press 3-4 X’s 6-8
1b) Recline Pull Ups or Wide Pulldowns 3-4 X’s 8-10
1c) Machine Preacher Curl or Barbell Bicep Curls 3-4 X’s 8-10
1d) Weighted Rope Crunches or Any Weighted Crunch 3-4 X’s 12-Max

Quad-Plex #2

2a) DB High Incline Bench Press or DB Flat Bench Press 3-4 X’s 6-8
2b) Supported Seated Rows or Reverse Grip Pulldowns 3-4 X’s 10-12
2c) DB Concentration Curls or High Pulley Concentration Curls 3-4 X’s 10-12
2d) SB Leg Raises or Hanging Leg Raises 3-4 X’s 12-M EL

Quad-Plex #3

3a) Machine Chest Press or Any Hammer Strength Press 3-4 X’s 8-12
3b) DB Straight Arm Pullovers or Cable Straight Arm Pulldowns 3-4 X’s 10-12
3c) Standing Alt. DB Hammer Curls or Alt. DB Bicep Curls 3-4 X’s 10-12 EA
3d) Leg Climbs or Standing Contralateral Knee to Elbow Crunch 3-4 X’s 12-M

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SAMPLE Day 2

Quad-Plex #1

1a) BB Full Squats (Butt to Heels) 3-4 X’s 6-8
1b) SB Reverse Hyperextensions or SB Hyperextensions 3-4 X’s 10-12
1c) Alt. DB Front Raise or 2 Arm Cable Front Raise 3-4 X’s 10-15
1d) Cable Rope Pushdowns or Cable Reverse Grip Pushdowns 3-4 X’s 8-10

Quad-Plex #2

2a) Hack Squats or Leg Press 3-4 X’s 6-8
2b) Birddogs or Alt. Supermans 3-4 X’s 12-15 ES
2c) Seated DB Lateral Raises or One Arm Cable Lateral Raise 3-4 X’s 10-15 ES
2d) Overhead Rope Extensions or Low Pulley Rope Extensions 3-4 X’s 10-12

Quad-Plex #3

3a) Alt. BB Forward Lunge or DB Bulgarian Split Squat 3-4 X’s 10-15 EL
3b) ABC Tubing Extensions or Good Mornings 3-4 X’s 15-20 ES
3c) DB Bent Laterals or One Arm Cable Bent Lateral 3-4 X’s 10-15 ES
3d) One Arm Reverse Grip or Regular Grip Pushdown 3-4 X’s 10-12 EA
SAMPLE Day 3

Quad-Plex #1
1a) Bent BB or DB Rows 4-5 X’s 6-10
1b) Cable Crossovers or Pec Deck 4-5 X’s 10-15
1c) Vertical Chop w MB or Weight Plate 4-5 X’s 10-15
1d) Any Standing Machine Calf Raise 4-5 X’s 12-20

Quad-Plex #2
2a) T-Bar Rows or Seated Cable Row 3-4 X’s 8-10
2b) Free Motion or Cable One Arm Chest Press/Punch 3-4 X’s 10-15 ES
2c) Cable or Tubing Low to High Chops 3-4 X’s 10-15 ES
2d) Any Seated Machine Calf Raise 3-4 X’s 15-20

Quad-Plex #3
3a) One Arm DB Row or One Arm Hammer Low Row 3-4 X’s 8-12 EA
3b) Alt. DB Flat Bench or Any Machine Chest Press 3-4 X’s 12-15
3c) Cable or Tubing Horizontal Chops 3-4 X’s 10-15 ES
3d) BW Standing One Leg Calf Raise 3-4 X’s 20-25 EL

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SAMPLE Day 4

Quad-Plex #1
1a) Seated DB Shoulder Press or Machine Shoulder Press 3-4 X’s 6-10
1b) DB or BB Stiff Legged Deadlifts 3-4 X’s 10-15
1c) DB or Cable 2 Arm Bicep Curls 3-4 X’s 10-15
1d) Any Machine or Cable Triceps Extensions 3-4 X’s 10-15

Quad-Plex #2
2a) One Arm DB Lateral Throw or DB Side Laterals 3-4 X’s 8-10
2b) One Leg or Two Leg Lying Leg Curls 3-4 X’s 10-15 EL
2c) Alternating Zottman Curls 3-4 X’s 10-15 EA
2d) Lying DB Triceps Extensions 3-4 X’s 10-15

Quad-Plex #3
3a) BB Shrugs or Heavy Bent DB Laterals 3-4 X’s 8-12 EA
3b) BW One Leg Anterior Reach or DB One Leg Deadlift 3-4 X’s 10-15 ES
3c) One Arm or Two Arm DB Preacher Curl 3-4 X’s 10-15
3d) Lying DB Tricep Extensions or Reverse Grip Pushdowns 3-4 X’s 10-15