

## 4 Minute Muscle Jim Stoppanis Brutal Full Body Workout

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With 4-minute muscle, the premise is to squeeze as many reps as you can for a given exercise into a 4-minute block of time. You can do this for any muscle group, just pick one exercise and rep out for 4 minutes, resting as needed. It may sound simple, but don't confuse that with easy. Here's everything you need to know.

4-Minute Muscle: Jim Stoppani's Brutal Full-Body Workout ...

To do the 4-Minute Muscle technique, pick a weight on the exercise that allows you to complete at least 15 reps, but fewer than 20 reps. You have 4 minutes to complete as many reps as possible. You can also use the 4MM technique for bodyweight exercises with which you can't complete at least 15 reps.

4-Minute Muscle Full-Split - Jim Stoppani

A typical 4-Minute Muscle rep scheme might look like this: 10 reps, rest 15 seconds or so; 10 reps, rest for a bit; 9 reps, rest; 6 reps, rest; 3 reps, and four minutes is up. That adds up to 38 reps total, which puts you in that 36-45-rep sweet spot. That's a great hypertrophy-promoting workout for that exercise.

4-Minute Muscle Full-Body Workout - Jim Stoppani

Do Jim Stoppani's 4-Minute Muscle: Full Body Workout. 6 Days, Intense, 6 Workouts. Squeeze as many reps as you can for a given exercise into a four minute block of time. Each workout is a full body workout with 10 sets, each targeting a different muscle group. Select a weight that's about a 12-15 RM.

Jim Stoppani's 4-Minute Muscle: Full Body Workout ...

4 Minute Muscle Jim Stoppanis A typical 4-Minute Muscle rep scheme might look like this: 10 reps, rest 15 seconds or so; 10 reps, rest for a bit; 9 reps, rest; 6 reps, rest; 3 reps, and four minutes is up. That adds up to 38 reps total, which puts you in that 36-45-rep sweet spot. That's a great hypertrophy-promoting workout for that exercise.

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Jim Stoppani holds a doctorate in exercise physiology from the University of Connecticut and has been the personal nutrition and health consultant to numerous celebrity clients, including... View all articles by this author

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