

full body workout in 3 days

The Efficacy of a Full Body Workout in 3 Days for Optimal Fitness

full body workout in 3 days offers a highly efficient and effective approach to building strength, improving cardiovascular health, and achieving overall fitness goals. This strategic training split allows ample recovery time, making it an ideal choice for busy individuals seeking maximum results with minimal gym days. By targeting major muscle groups in each session, you stimulate muscle growth and calorie expenditure consistently throughout the week. This article delves into the science behind this potent training method, outlines sample routines, discusses essential considerations for success, and explores the benefits that a well-structured three-day full body program can deliver. Prepare to discover how to maximize your fitness journey with this time-efficient strategy.

Table of Contents

Understanding the Principles of a 3-Day Full Body Workout

Designing Your Full Body Workout in 3 Days Program

Sample Full Body Workout Routines

Key Considerations for a Successful 3-Day Full Body Split

Benefits of a 3-Day Full Body Workout Regimen

Maximizing Progress with a Full Body Workout in 3 Days

Understanding the Principles of a 3-Day Full Body Workout

A full body workout in 3 days operates on the fundamental principle of stimulating all major muscle groups multiple times per week. This frequency is crucial for muscle protein synthesis, the biological process responsible for muscle repair and growth. By hitting each muscle group 3 times a week, you create a consistent anabolic environment, signaling your body to adapt and become stronger. This contrasts with traditional body part splits where muscle groups are trained only once a week, potentially leading to slower progress for beginners and intermediates.

The chosen days for the full body workout in 3 days are typically spread out to allow for adequate rest and recovery. Common splits include Monday-Wednesday-Friday or Tuesday-Thursday-Saturday. This spacing ensures that muscles have sufficient time to repair and rebuild between sessions. Adequate recovery is as vital as the training itself for preventing overtraining, reducing the risk of injury, and promoting long-term adherence to a fitness program. The synergistic effect of repeated stimulation and proper rest fosters greater strength gains and muscle hypertrophy.

Furthermore, a 3-day full body workout often emphasizes compound exercises. These are multi-joint movements that engage several muscle groups simultaneously, such as squats, deadlifts, bench presses, and overhead presses. Compound movements are highly efficient as they allow you to work more muscles in less time, contributing to a higher overall calorie burn and a more functional strength development. This makes the 3-day full body approach a time-saver without compromising on effectiveness.

Designing Your Full Body Workout in 3 Days Program

When designing a full body workout in 3 days, the selection of exercises is paramount. Each workout session should aim to include movements that target the major muscle groups: legs (quadriceps, hamstrings, glutes), chest, back, shoulders, biceps, triceps, and core. A balanced approach ensures no muscle group is neglected, promoting symmetrical development and reducing the likelihood of muscular imbalances.

For a beginner's full body workout in 3 days, it's advisable to focus on foundational compound movements. These exercises provide the most bang for your buck in terms of muscle activation and strength development. For instance, a workout could include squats for the lower body, bench presses for the chest, rows for the back, and overhead presses for the shoulders. Auxiliary isolation exercises can be added as proficiency increases, but the core should remain built around these powerful multi-joint lifts.

Progression is another critical element in program design. To continue making gains with a full body workout in 3 days, you must progressively overload your muscles. This can be achieved by gradually increasing the weight lifted, performing more repetitions or sets, improving exercise form, or decreasing rest times between sets. Periodization, or the systematic planning of training variables over time, can also be incorporated to prevent plateaus and ensure continued adaptation.

Exercise Selection for a 3-Day Full Body Split

The cornerstone of any effective full body workout in 3 days lies in strategic exercise selection. Prioritizing compound movements is key to maximizing efficiency and stimulating the largest muscle groups. These multi-joint exercises recruit multiple muscles simultaneously, leading to greater strength gains and calorie expenditure in each session.

For the lower body, essential compound exercises include squats (barbell, goblet, or front squats), deadlifts (conventional, Romanian, or sumo), lunges, and glute bridges. These movements effectively engage the quadriceps, hamstrings, and glutes. For the upper body push movements, bench presses (barbell, dumbbell, or incline), overhead presses (barbell or dumbbell), and push-ups are vital for targeting the chest, shoulders, and triceps.

For upper body pull movements, exercises like pull-ups or lat pulldowns, barbell rows, dumbbell rows, and face pulls are crucial for developing the back muscles (lats, rhomboids, traps) and biceps. Core work can be integrated through planks, Russian twists, and leg raises to build a strong and stable midsection. A well-rounded full body workout in 3 days will incorporate a selection of these exercises in each of the three weekly sessions.

Repetition and Set Ranges

Determining the optimal repetition and set ranges is vital for achieving specific goals within a full body workout in 3 days. For muscle hypertrophy (growth), the generally recommended range is 3-5

sets of 8-12 repetitions per exercise. This moderate intensity and volume provide sufficient stimulus for muscle protein synthesis.

For strength development, lower repetition ranges (e.g., 3-5 sets of 4-6 repetitions) with heavier weights are more appropriate. However, for a balanced full body workout in 3 days, incorporating a mix of both hypertrophy and strength-focused rep ranges across different exercises can be beneficial. For endurance, higher repetitions (15-20 or more) with lighter weights can be used, though this is less common as a primary focus for a general full body routine.

The rest periods between sets also play a role. For hypertrophy, 60-90 seconds of rest is typically sufficient. For strength, longer rest periods (2-3 minutes) allow for better recovery between heavy lifts. When planning your full body workout in 3 days, consider these ranges based on your primary fitness objectives.

Sample Full Body Workout Routines

To illustrate the principles, here are sample full body workout in 3 days routines designed for a typical week, assuming non-consecutive training days like Monday, Wednesday, and Friday. These routines are structured to hit all major muscle groups effectively.

Sample Routine A (Focus on Strength and Hypertrophy)

- Barbell Squats: 3 sets of 5-8 repetitions
- Barbell Bench Press: 3 sets of 5-8 repetitions
- Barbell Rows: 3 sets of 6-10 repetitions
- Overhead Press: 3 sets of 6-10 repetitions
- Romanian Deadlifts: 3 sets of 8-12 repetitions
- Pull-ups (or Lat Pulldowns): 3 sets to near failure
- Plank: 3 sets, hold for 30-60 seconds

This routine emphasizes heavier compound lifts in lower rep ranges for strength, with some accessory work in higher ranges for hypertrophy. Adequate rest between sets (90-120 seconds for the first three exercises, 60-90 seconds for others) is recommended.

Sample Routine B (Balanced Approach)

- Goblet Squats: 3 sets of 10-12 repetitions
- Dumbbell Bench Press: 3 sets of 8-12 repetitions
- Dumbbell Rows: 3 sets of 10-12 repetitions per arm
- Dumbbell Shoulder Press: 3 sets of 8-12 repetitions
- Leg Curls: 3 sets of 12-15 repetitions
- Bicep Curls: 3 sets of 10-15 repetitions
- Triceps Pushdowns: 3 sets of 10-15 repetitions
- Russian Twists: 3 sets of 15-20 repetitions per side

Routine B incorporates more dumbbell exercises and isolation movements, providing a balanced stimulus for muscle growth. Rest periods for this routine can be around 60 seconds between sets.

Sample Routine C (Beginner Focused)

- Bodyweight Squats: 3 sets of 12-15 repetitions
- Push-ups (on knees if needed): 3 sets to near failure
- Resistance Band Rows: 3 sets of 15-20 repetitions
- Dumbbell Overhead Press (light weight): 3 sets of 10-12 repetitions
- Walking Lunges: 3 sets of 10-12 repetitions per leg
- Crunches: 3 sets of 15-20 repetitions

This beginner-friendly full body workout in 3 days utilizes bodyweight and lighter resistance, focusing on mastering proper form before progressing to heavier loads. The emphasis is on building a solid foundation and learning movement patterns.

Key Considerations for a Successful 3-Day Full Body Split

To ensure the effectiveness and sustainability of a full body workout in 3 days, several key factors must be considered. Proper nutrition is paramount, providing the necessary building blocks for muscle repair and growth, as well as energy for your workouts. Consuming adequate protein, complex carbohydrates, and healthy fats is essential for recovery and overall performance.

Adequate sleep is another non-negotiable aspect of successful training. During sleep, your body undergoes most of its repair and recovery processes. Aiming for 7-9 hours of quality sleep per night will significantly impact your ability to recover from your full body workout in 3 days and make continuous progress. Without sufficient rest, your muscles won't rebuild effectively, and your risk of injury will increase.

Listening to your body is also crucial. While consistency is important, pushing through severe pain or exhaustion can be detrimental. Learn to distinguish between muscle soreness (DOMS) and sharp, debilitating pain. If you feel excessive fatigue or pain, it's wise to take an extra rest day or lighten the load. A well-planned full body workout in 3 days should feel challenging but manageable, allowing for recovery.

Nutrition and Hydration

Fueling your body correctly is fundamental to the success of any fitness program, including a full body workout in 3 days. Your diet should be rich in lean protein sources such as chicken breast, fish, lean beef, eggs, and legumes to support muscle protein synthesis and repair. Carbohydrates are your primary energy source, so opt for complex carbs like oats, brown rice, quinoa, and sweet potatoes, especially around your training sessions.

Healthy fats from sources like avocados, nuts, seeds, and olive oil are important for hormone production and overall health. Ensuring you consume a caloric surplus if your goal is muscle gain, or a slight deficit if your goal is fat loss, while maintaining high protein intake, is critical. Hydration is equally vital; drink plenty of water throughout the day, especially before, during, and after your workouts to maintain optimal bodily functions and performance during your full body workout in 3 days.

Rest and Recovery Strategies

The effectiveness of a full body workout in 3 days hinges significantly on proper rest and recovery. Since you're training major muscle groups multiple times a week, allowing for muscle repair and adaptation is paramount. This means scheduling your three workouts on non-consecutive days, such as Monday, Wednesday, and Friday, to give your body at least 48 hours of recovery between sessions targeting the same muscle groups.

Beyond scheduled rest days, consider active recovery activities on off-days. Light cardio like walking or cycling, stretching, or foam rolling can improve blood flow, reduce muscle soreness, and enhance flexibility without adding significant stress to your body. Prioritizing sleep is also a critical recovery strategy. Aim for 7-9 hours of quality sleep each night, as this is when your body releases growth hormone and performs the bulk of its muscle repair and rebuilding processes. Effective recovery ensures you can consistently perform at your best during your full body workout in 3 days.

Progressive Overload Techniques

To continually stimulate muscle growth and strength gains, implementing progressive overload is essential. This principle dictates that you must gradually increase the demands placed on your muscles over time. For a full body workout in 3 days, this can be achieved in several ways.

The most common method is increasing the weight lifted. When you can comfortably complete all prescribed repetitions for an exercise with good form, it's time to slightly increase the weight for the next session. Another technique is increasing the number of repetitions within the target range. Alternatively, you can add an extra set to an exercise or reduce the rest time between sets. For more advanced trainees, techniques like tempo training or incorporating more challenging exercise variations can also serve as forms of progressive overload within your full body workout in 3 days.

Benefits of a 3-Day Full Body Workout Regimen

Engaging in a full body workout in 3 days offers a multitude of benefits that cater to a wide range of fitness enthusiasts. One of the primary advantages is its time efficiency. For individuals with busy schedules, dedicating three non-consecutive days to training allows for comprehensive development without consuming an excessive amount of time throughout the week.

This training frequency also promotes significant strength gains and muscle hypertrophy. By stimulating muscle groups multiple times per week, you accelerate the process of muscle protein synthesis, leading to faster improvements in strength and size compared to less frequent training protocols. The consistent engagement of major muscle groups also contributes to a higher overall calorie expenditure, making it an effective strategy for fat loss when combined with appropriate nutrition.

Furthermore, a full body workout in 3 days can enhance athletic performance and improve overall functional fitness. Compound movements train the body to work as an integrated unit, improving coordination and mobility. It also allows for ample recovery time between sessions, reducing the risk of overtraining and burnout, which are common pitfalls in more demanding training splits.

Time Efficiency and Consistency

The most significant draw of a full body workout in 3 days is its remarkable time efficiency. Many people struggle to find the time for daily gym visits, and this split offers a powerful solution. By

training all major muscle groups in just three sessions per week, individuals can achieve substantial fitness gains without dedicating hours each day. This makes it far more sustainable for those with demanding careers, family commitments, or other lifestyle factors that limit available time for exercise.

The structure of a 3-day split also naturally promotes consistency. With fewer training days required, adhering to the program becomes less daunting. This increased consistency is a direct driver of long-term progress. When you can reliably show up for your workouts, you are more likely to see continuous improvements in strength, muscle mass, and overall body composition. The reduced commitment per week makes it easier to build and maintain a regular exercise habit, turning a full body workout in 3 days into a lifelong fitness companion.

Improved Metabolic Rate

A well-structured full body workout in 3 days can significantly boost your metabolic rate, both during and after your training sessions. The use of compound exercises in each workout engages a large amount of muscle mass. The more muscle you engage, the more calories you burn during the exercise itself. This increased caloric expenditure contributes to fat loss and improved body composition.

Beyond the immediate calorie burn, the intensity of a full body workout in 3 days also leads to a phenomenon known as EPOC (Excess Post-exercise Oxygen Consumption), often referred to as the "afterburn effect." This means your body continues to burn calories at an elevated rate for hours, and sometimes even days, after your workout is complete. This sustained increase in metabolic activity is a powerful tool for managing weight and improving overall health. By consistently stimulating large muscle groups, a 3-day full body split helps to build a more metabolically active physique.

Enhanced Muscle Growth and Strength

The strategic frequency of a full body workout in 3 days is a key driver for muscle growth (hypertrophy) and strength development. Training each major muscle group three times per week provides frequent stimuli for muscle protein synthesis, the process by which muscles repair and grow stronger. This higher frequency is often more effective for beginners and intermediates than training each muscle group only once a week.

By performing compound exercises that recruit multiple muscle groups simultaneously, you maximize the overall workload and hormonal response. Movements like squats, deadlifts, and presses activate large muscle masses, leading to a greater release of anabolic hormones that support muscle building. The combination of sufficient volume, intensity, and frequency in a 3-day full body program creates an optimal environment for progressing in both strength and size over time.

Maximizing Progress with a Full Body Workout in 3 Days

To truly capitalize on the effectiveness of a full body workout in 3 days, several strategies can be employed to ensure continuous progress. Beyond adhering to the workout schedule, focusing on exercise technique is paramount. Proper form not only maximizes muscle activation but also significantly reduces the risk of injury, allowing you to train consistently and effectively.

Tracking your workouts is another powerful tool. Recording the exercises performed, the weights lifted, and the repetitions achieved provides a clear record of your progress. This data allows you to identify areas where you might be stagnating and implement strategies for progressive overload. It provides objective evidence of your gains and helps you stay motivated.

Finally, be patient and persistent. Building a strong, healthy physique takes time and dedication. Celebrate small victories, stay committed to your nutrition and recovery, and trust the process. A well-executed full body workout in 3 days program, combined with these complementary strategies, will yield significant and lasting results.

FAQ Section

Q: How many sets and repetitions should I do for each exercise in a 3-day full body workout?

A: For a balanced approach focusing on both strength and hypertrophy, aim for 3-4 sets of 8-12 repetitions for most compound exercises. For pure strength focus on specific lifts, you might use 3-5 sets of 4-6 repetitions. For isolation exercises or endurance, higher rep ranges of 12-15 or 15-20 can be appropriate.

Q: What are the best days to schedule my 3-day full body workout?

A: The key is to have at least one rest day between workout sessions to allow for muscle recovery. Common and effective schedules include Monday-Wednesday-Friday, Tuesday-Thursday-Saturday, or even Sunday-Tuesday-Thursday. Avoid training on consecutive days.

Q: Is a 3-day full body workout effective for experienced lifters or just beginners?

A: While highly effective for beginners and intermediates, a 3-day full body workout can still be beneficial for experienced lifters, especially if they are looking for time efficiency, increased frequency, or a period of recovery from more intense training splits. Adjustments in exercise selection, intensity, and volume can tailor it to advanced needs.

Q: How long should my rest periods be between sets in a 3-day full body workout?

A: Rest periods depend on the intensity and goal of the exercise. For heavy compound lifts targeting strength (lower reps), 90-120 seconds is generally recommended. For hypertrophy-focused sets (moderate reps), 60-90 seconds is suitable. For isolation or endurance exercises, 45-60 seconds may suffice.

Q: Can I do cardio on the same days as my 3-day full body workout?

A: Yes, you can incorporate cardio. It's often best to do it after your weight training session or on separate days to avoid hindering your strength training performance. High-intensity interval training (HIIT) can be effective but should be used judiciously to not impede recovery.

Q: How important is nutrition for a 3-day full body workout program?

A: Nutrition is critically important. To support muscle growth, repair, and overall energy levels, a diet rich in lean protein, complex carbohydrates, and healthy fats is essential. Adequate calorie intake, tailored to your specific goals (muscle gain, fat loss, maintenance), is crucial for maximizing results from your 3-day full body workout.

Q: Should I change my exercises every workout with a 3-day full body split?

A: While it's beneficial to have a consistent core of compound exercises, you can introduce variations. For example, one day you might do barbell squats, another day goblet squats, and another day lunges. This keeps training stimuli fresh and works muscles from slightly different angles, but the foundational movement patterns should remain.

Q: What should I do if I'm not recovering adequately from my 3-day full body workout?

A: If you're not recovering, assess your sleep quality and duration, nutrition (especially protein intake), and stress levels. You might also need to reduce the volume or intensity of your workouts, ensure proper rest days are taken, or consider deload weeks where you reduce training stress for a week.

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- More than 240 lesson plans that provide deliberate, progressive practice tasks and integrate appropriate assessments to evaluate and monitor student progress
- Innovative and unique modules on topics such as fly fishing, rock climbing, line dance, yoga and stress management, and more, as well as more traditional modules
- Introductory chapters that present the key points for the grade span, putting the lessons in context and providing teachers and PE majors and minors a clear roadmap for planning curricula, units, and lessons
- Lessons that reflect best practices in instruction, helping teachers enhance their effectiveness
- Expert guidance in delivering quality lessons that are designed to reach objectives and produce outcomes, and not just keep students occupied

The lessons correspond to each category in SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education, and are sequential and comprehensive—you get complete, ready-to-use units and not just individual lessons that don't connect. The lessons include resource lists, references, equipment lists, and student assignments. The accompanying web resource offers easy access to printable PDF files of the lessons. Your administrator will be able to see at a glance that the lessons in the book are designed to meet the national standards and outcomes created by SHAPE America. The lessons in Lesson Planning for High School Physical Education can be used as they are or modified to fit the needs of your students. They also are perfect models for teachers and college students to use in creating their own lessons. The text includes instructional strategies such as how to teach for transfer, utilize grids and small games, differentiate instruction for varying ability levels, integrate conceptual material, and more. The book is organized into two parts. Part I explores issues pertinent

to planning for high schoolers' success, including how to plan lessons using SHAPE America's Grade-Level Outcomes, meeting the National Standards and Grade-Level Outcomes, developing an electives-based program for high school students, and the importance of teaching for student learning. The lesson plans themselves are found in Part II, and each lesson aligns with SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education. Part II offers plans in these categories: • Outdoor pursuits • Individual-performance activities • Net and wall games, such as badminton and tennis • Target games • Dance and rhythms • Fitness activities, such as Pilates, resistance training, and yoga • Personal fitness assessment and planning Each category contains modules of 15 or 16 lessons, each of which incorporates various National Standards and Grade-Level Outcomes. For example, you can address Standard 4 outcomes—which are about personal and social responsibility—during lessons on net and wall games, lessons on dance and rhythms, and so on. With the high-quality lesson content and the many tools and resources provided, Lesson Planning for High School Physical Education will help teachers foster their students' physical literacy and help students develop physically active lifestyles that they can maintain throughout their adult lives.

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journal. A written out budget has been proven to lead to more financial security and savings than handling your finances without a written plan and record. Any plan of action you undertake has a better chance of delivering the results you're looking for when you routinely record your efforts and progress. This is why journaling your whole foods weight loss journey can dramatically improve your results. Your Brain Is Begging You to Journal Did you know that the human brain is hardwired for keeping records? It's true. The human mind craves order and repetition. It especially likes it when you do the same thing at the same time, on a regular schedule. This improves the success rate of everything you undertake, because of the difference between the processing power of your conscious and subconscious minds. However if one takes up the practice, after a short period of time, conscious habits are directed to the unconscious part of your brain. You do something enough, over and over, on a given routine or schedule, and your conscious brain sends the task to your subconscious. Your consciousness has noticed that this is something that doesn't need to be focused on. You have done it again and again, regularly and repetitively, so your brain instantly realizes no conscious effort or focus is needed. Since the conscious part of your mind cannot handle too much information at once, it is more than happy to give the task over to the incredible processing power of your subconscious. By weight loss fitness journaling on a regular schedule, your conscious behaviors eventually become unconscious. That means your subconscious brain automatically prepares your body and mind for whatever your journaling requires, the next time a regularly scheduled food journal session arises. How Tracking Progress Makes It Easier Now comes the exciting part. You plan to start keeping a weight loss -fitness journal that focuses on eating whole foods and maintaining fitness exercises for weight loss. You want to eat more healthier foods, while cutting back on the types of foods and beverages that are not that good for you. You plan on sticking to a diet accompanied with a fitness exercise routine for at least 30 days. You have this journal, and start tracking and monitor s how it affects you. When your desire is to lose weight, you will begin to notice food consumption and exercise patterns where your routine behavior either causes your body weight to rise or fall. With your conscious effort on losing weight, your focus will tend towards what eating behaviors and your physical training schedule at different timing, and types of "clean" whole foods and different exercise routine schedule - ,results and lead you in that direction, and away from weight gain. So you begin reschedule your tracked exercise program and eating concisely based on your tracker performance. . . You journal your results, and you begin to notice your weight loss progression increasing and doing the right exercise with a proven track measurement

full body workout in 3 days: Strength Training for Triathletes Patrick Hagerman, EdD, 2013-09-13 Every triathlete wants to be faster, and most know that adding strength training to their program will help them get there. In Strength Training for Triathletes, fitness phenom Patrick Hagerman explains how small changes in muscle strength add up to big race results. For triathletes, the benefits of strength training are many, from increased stability in the water and on the bike to a faster metabolism. Stronger muscles can work longer before feeling fatigued, making strength training indispensable to endurance athletes. Clearly organized by discipline (swim, bike, run) and by muscle group, Strength Training for Triathletes helps athletes quickly find the best exercise for their unique training needs. Every exercise is accompanied by full-color art, making the routines easy and inviting to follow. This groundbreaking book further explains how triathletes can adjust their workouts to emphasize endurance, strength, or power, and how to balance the three to reach race goals. It includes complete information on structuring a periodized weight routine to maximize results, whether the race the reader is preparing for is a sprint, Olympic, half-Ironman or full Ironman event. Sample seasonal plans for each race distance and instruction on how to adapt training plans to individual needs make it easy for readers to develop specific approaches and reach their personal goals.

full body workout in 3 days: Essentials of Sports Nutrition and Supplements Jose Antonio, Douglas Kalman, Jeffrey R. Stout, Mike Greenwood, Darryn S. Willoughby, G. Gregory Haff, 2009-02-11 Millions of consumers want to lose body fat, gain muscle mass, and/or improve exercise performance. In addition to an exercise program, they often look to sports supplements as 'tools' to

help them reach their goals. This book, the culmination of years of work by the thought leaders in the sports nutrition field will help the consumer, student, scientist, and sports nutrition professional sift through the huge volume of information and come up with reasonable and scientifically-based ideas and conclusions about sports nutrition. Written and edited by the leaders in the field and members of the International Society of Sports Nutrition, the *Essentials of Sports Nutrition and Supplements* combines basic science with the best in applied sports nutrition. Topics in this book include: Endocrinology and Exercise Principles of Exercise Training An Overview of Dietary Supplements Nutritional Needs of Endurance Athletes Nutritional Needs of Strength-Power Athletes Sports Application of Creatine Eating to Improve Body Composition Pre-, During, and Post-Workout Nutrition for Endurance Athletes Pre- During, and Post-Workout Nutrition for Strength-Power Athletes But the book covers much more than the short list above. Whether you are a student, scientist or sports nutrition professional, this book will serve as the resource for you in this rapidly growing field.

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and more. This is your complete, user-friendly reference for building wellness with weight training.

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