If your system doesn't reach POST, your BIOS is screwed. You may need to replace it (if it's in a socket on your motherboard) or replace the motherboard. Also, remove and inspect the CPU for any discoloration and/or signs of overheating, just to be sure.

TBH, i would never overclock a 2.8Ghz processor to 4Ghz. I have a Pentium D downstairs and that's overclocked from 3Ghz to 3.3Ghz and works just fine.

I think you made a big mistake.