



The 4-Days-Per-Week Split Workout Routine For Building Mass

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Split Workout Routine
For Building Mass
At Home



Basic information about this 4-days-per-week split workout routine:

[Workout Summary](#)

Training schedule

- **DAY 1:** Chest, back, traps, and abs day
- **DAY 2:** Quads and calves day
- **DAY 3:** Shoulders and triceps day
- **DAY 4:** Hamstrings, back, and biceps day



WORKOUT 1 - CHEST, BACK, TRAPS, ABS

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Chest superset*	A1) Barbell bench press	4 x 6
	A2) Dumbbell incline fly	4 x 15
Back superset:	B1) Barbell supine row	4 x 8
	B2) Eccentric pullup (take 3 seconds to lower)	4 x 10
Chest exercise	C) Dumbbell bench press	3 x 10
Back/traps superset	D1) Dumbbell single-arm row	3 x 15 to 20 each arm
	D2) Barbell shrug	3 x 20
Abs superset	E1) Hanging leg raise	5 x 15 to 20
	E2) Supine floor reverse crunch	5 x 15 to 20

***Supersets consist of putting two different exercises together without taking a break. Perform the exercise pairs (marked "A1" and "A2") as supersets, so you'll complete one set of A1 and then A2 without taking any rest in between. Repeat until all sets are complete. The same applies to exercises marked as B1&B2, D1&D2, and E1&E2.**



WORKOUT 2 - QUADS AND CALVES

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Calf superset	A1) Donkey calf raise	4 x 20
	A2) Jump rope	4 x 30 seconds
Bilateral exercise	B) Barbell squat	4 x 15, 12, 10, 8
Quads superset	C1) Barbell front squat	3 x 8, 6, 4
	C2) Dumbbell split squat	3 x 5 each leg forward (3 seconds eccentric)
Quads finisher	D) Dumbbell walking lunge	2 x 20 steps

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WORKOUT 3 - SHOULDERS AND TRICEPS

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Shoulder pushing exercise	A) Barbell standing military press	4 x 6
Shoulder exercise	B) Dumbbell Arnold press	3 x 8
Shoulder giant set	C1) Dumbbell seated press	3 x 8
	C2) Dumbbell front raise	3 x 10
	C3) Dumbbell rear deltoid raise	3 x 12
	C4) Exercise band pull apart	3 x 15 to 20
Triceps superset	D1) Barbell close-grip bench press	4 x 6
	D2) Lying EZ bar overhead extension (skullcrusher)	4 x 10 to 12
Triceps finisher	E) Parallel dip	3 x 30

***Giant sets are similar to supersets - they involve any number of sets of exercises performed one after the other with recovery between each giant set. For more information read the article about the [weight training systems](#).**



WORKOUT 4 - HAMSTRINGS, BACK, AND BICEPS

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Total body	A) Trap bar deadlift	4 x 6
Back/hamstring superset	B1) Barbell stiff-legged deadlift	3 x 12
	B2) Chinup	3 x 4
Back/hamstring superset	C1) Barbell romanian deadlift	3 x 15
	C2) Glute ham raise	3 x 8
Biceps superset	D1) Dumbbell standing hammer curl	4 x 10
	D2) Barbell reverse-grip curl	4 x 12



**Sample Configuration for 4-Day
 Bodybuilding Training Split**

Day/Organization	A. Alternating work/rest days	B. 4 days on, 2 day off, repeat	C. 2 days on, 2 days off, repeat
	Allows for a greater volume of training	Allows for a greater balance of training and recovery	Allows for greater recovery
Monday	Workout 1, Cardio	Workout 1 + High-intensity cardio	Workout 1, Cardio
Tuesday	Rest	Workout 2 + Cardio	Workout 2 + High-intensity cardio
Wednesday	Workout 2, High-intensity cardio	Workout 3	Rest
Thursday	Rest	Workout 4, High-intensity cardio	Rest
Friday	Workout 3	Rest	Workout 3, Cardio
Saturday	Workout 4, High-intensity cardio	Rest	Workout 4 + High-intensity cardio
Sunday	Rest	Workout 1.... start rotating again....	Rest on Sunday & Monday... then start rotating over