



I'm not robot



I am not robot!

Squats sets reps. Landmine reverse lunge to high knees sets of reps. Then perform the two bodyweight exercises to failure. Day- Legs & Abs. Day- Upper Body. Day- barbell squat, deadlift, leg press, leg curl, calf raise. Start your training session with minutes of warm-up workout, then perform the main lifting exercises. Friday: Shoulders, Traps & Triceps Exercise Sets Reps Shoulders & Traps Welcome to Shaun's day muscle building split workout! , 4-DAY BODYBUILDING SPLIT BY SHAUN. Set pounds x reps. Monday: Upper Body (Back, Chest, Side Delt, and Arms) Tuesday: Leg and Core. Land mine squats sets of reps Machine Row Biceps EZ Bar Curl Incline Dumbbell Curl Reverse Grip Barbell Curl * Lat Pull Down: After performing sets, drop weight & perform a 5th set. Cable Glute Kickback on Bench sets of reps. Our day workout plan for beginners focuses on different muscle groups, ensuring a comprehensive full-body training experience. Set pounds x reps. Day These bands are convenient, portable, and adjustable, making them suitable for individuals at various fitness levels. Wide Stance Squats -sets of reps. Then rest for minutes before repeating the circuit Day Glutes and Legs. So, that's it; that's the entire full-week workout schedule for muscle gain that you need to follow Day Exercise Sets Reps Upper Body Bench Press Barbell Row Seated Overhead Dumbbell Press Pec * V-Bar Lat Pull Down * Side Lateral Raise Cable Tricep Extensions * Cable Curls * 3 sec negative Day Exercise Sets Reps Lower Body Squats Stiff Leg Deadlifts The Ultimate Day Upper Lower Split Schedule. Deadlift One Arm Dumbbell Row Wide Grip Pull Up or Lat Pull Down Barbell Row Seated Cable Row or Machine Row Minutes Burn EZ Bar Preacher Curl Concentration Curl Seated Dumbbell Curl Minutes Burn. Link to Workout 4 DAY MAXIMUM MASS WORKOUT. Here's an example of how it might look in practice: Workout Set pounds x reps. Day- barbell bench press, incline dumbbell bench press, bent over row, lat pulldown, overhead press, barbell curl, skull crusher. Here are some examples of warm-up exercises 4 Day Workout Routine Example. Workout A. Bench Press sets x reps. Set pounds x reps Barbell lunges sets reps. Incline Curl sets x reps. Forward Lunges -sets of steps per leg. This workout was designed by Shaun and should be used by those looking to build muscle and/or gain weight. THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT® Store Workouts Diet Plans Expert Guides Videos Tools A higher volume day split workout plan for It's a form of progression known as the double progression method. Barbell Hip Thrusts -sets of reps. Workout Set pounds x reps. Day- Legs & Abs. Day- Push. Day One. Exercise Sets Reps Back and Biceps. Calf Raises -sets of reps 4-Day Full Body Workout Routine. Workout notes: Remember as always to warm up properly mins cardio and stretching. Always complete warmup sets before the first exercise, one set little to no weight reps Day Lower Body. Dumbbell Sumo Squat -sets of reps per leg. In this day split by Shaun, you will add more weight to the bar each set on heavy lifts, and pack on muscle mass. A higher volume day split workout plan for those who want to gain muscle mass and/or gain weight. Leg Curl sets x reps. Barbell side split squat sets of reps. Reverse Grip Lat Pulldown sets x reps. Thursday: Upper Body (Back, Chest, and Shoulder) Friday: Leg and Glutes. Perform reps of the first weighted exercise. Barbell Jefferson squats sets reps. Overhead Press sets x reps. It also allows for increasing intensity as you progress and become stronger Here are two ab circuits I cycle through each week while doing the day split: one focuses more on the obliques and the other focuses on the rectus abdominus. Squat sets x reps. Day- rest Stiff Leg Deadlift, 8, Leg Curl Back Underhand Barbell Row, 8, Wide Grip Lat Pulldown or Wide Grip Pull Up One Arm Dumbbell Row Wide Grip Cable Row (Overhand Grip), 8, *Stiff Leg Deadlifts: Increase weight after each set. Triceps Press down sets x reps So without further ado, let's move on to our ideal day gym workout schedule: Day- Upper. Workout , · overload. Day- Leg & Abs. Day- Pull.