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4 DAY SUPERSET & TIMED SET MUSCLE BUILDING WORKOUT

This is a 4 day workout variation of one of the most popular training systems on M&S. You will hammer your muscles into effective growth using timed sets and supersets.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-supersets-timed-set-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 10 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Author: Ian Coleman

Monday: Quads & Back

Exercise	Sets	Reps
Leg Press	1	100 Reps in 5 Mins
Superset		
Squats	3	10
Leg Extensions	3	15
Superset		
Hack Squats	3	10
Dumbbell Lunge	3	10
Superset		
Barbell Row	3	10
Pull Ups	3	10
Superset		
Machine Row	3	15
Seated Cable Row	3	15
Rest 2 - 3 Mins between supersets.		

Tuesday: Chest & Shoulders

Exercise	Sets	Reps
Bench Press	1	50 Reps in 5 Mins
Superset		
Incline Dumbbell Bench Press	3	10
Cable Crossovers	3	10
Superset		
Smith Machine Bench Press	3	10
Pec Dec	3	15
Superset		
Military Press	3	10
Side Lateral Raise	3	15
Superset		
Smith Machine Overhead Press	3	10
Bent Over Rear Laterals	3	15
Rest 2 - 3 Mins between supersets.		

Thursday: Deadlifts, Hamstrings, Traps & Calves

Exercise	Sets	Reps
Deadlift	1	15 Reps in 5 Mins
Superset		
Reverse Hack Squats	3	10
Leg Curls	3	15
Superset		
Dumbbell Siff Leg Deadlift	3	10
Good Mornings	3	10
Superset		
Barbell Shrugs	3	10
Dumbbell Shrugs	3	10
Superset		
Seated Calf Raise	3	15
Leg Press Calf Raise	3	15
Deadlifts: You perform one rep at a time, release the bar, and rest until you feel physically and mentally ready for the next rep. If your form deteriorates, stop the set. Rest 2 - 3 Mins between supersets.		

Friday: Arms

Exercise	Sets	Reps
Superset		
Bench Dips	3	10
Barbell Curls	3	10
Superset		
Cable Tricep Extensions	3	10
Two Arm Dumbbell Preacher Curls	3	10
Superset		
Close Grip Bench Press	3	10
Hammer Curls	3	10
Superset		
Seated Two Arm Dumbbell Extension	3	10
Cable Curls	3	10
Rest 2 - 3 Mins between supersets.		