



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



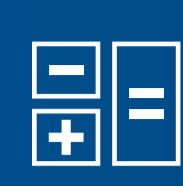
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4 DAY ADVANCED UPPER / LOWER WORKOUT PROGRAM TO BUILD MASS

This advanced upper/lower workout is geared to those looking to put on muscle mass. Up the training volume and training frequency to build mass for spring!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-advanced-upper-lower-workout-program-to-build-mass>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 50-75 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines

Author: Josh England

Monday: Upper Body Workout

Exercise	Sets	Reps
Pull Up	3	6 - 12*
Dumbbell Bench Press	4	10
Landmine T - Bar Row	3	10
Standing Dumbbell Press	3	10
Seated Cable Rows	2	10
Side Lateral Raise	2	10
Barbell Curl	2	10
French Press	2	10
Dumbbell Shrug	2	15

* Add weight once you can perform 3 sets of 12 reps with perfect form.

Tuesday: Lower Body Workout

Exercise	Sets	Reps
Dumbbell Goblet Squat	4	10
Banded Nordic Hamstring Curl	2	10
Romanian Deadlift	3	10
Leg Press	3	12
Barbell Hip Thrust	2	10
Standing Machine Calf Raise	3	12
Hanging Leg Raise	2	15
Exercise Ball Crunch	2	15

Thursday: Upper Body Workout

Exercise	Sets	Reps
Lat Pulldown	3	10
Incline Dumbbell Bench Press	3	12
Bent Over Dumbbell Row	3	10
Machine Fly	3	10
Standing Military Press	4	10
Machine Row	2	10
Reverse Machine Fly	2	10
Standing Cable Curl	2	10
Dips	2	10*
Standing Dumbbell Reverse Curl	2	10**
Cable Crunch	2	15

* Add weight once you can perform 2 sets of 10 with perfect form.
** Utilize Fat Gripz on this exercise for an added forearm and grip challenge.

Day 4

Exercise	Sets	Reps
Sumo Deadlift	4	10
Front Squat	3	10
Exercise Ball Leg Curl	3	10
Leg Extensions	3	10
Hyperextensions (Glute Focused)	2	12
Bulgarian Split Squat	2	10
Seated Calf Raise	2	15
Plank	3	30 Secs