



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



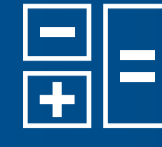
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## 4 DAY BARBELL ONLY WORKOUT (NO RACK REQUIRED)

Are you stuck without a squat rack and bench? This 4-day upper/lower split will show you exactly how to get strong, and add muscle with only a barbell at your disposal.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-barbell-only-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 4 Day

**Time Per Workout:** 60-90 Mins

**Equipment:** Bands, Barbell, Bodyweight, Other

**Target Gender:** Male & Female

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### Day 1: Upper Body A

Exercise	Sets	Reps
<a href="#">Overhead Press</a>	3 - 4	4 - 6
<a href="#">Bent Over Row</a>	3 - 4	4 - 6
<a href="#">Paused Weighted Push-Up</a>	3 - 4	4 - 10
<a href="#">Pull-up</a>	3 - 4	4 - 10
<a href="#">Landmine Lateral Raise</a>	2 - 3	6 - 10 per side
<a href="#">Skullcrusher</a>	2 - 3	6 - 12

### Day 2: Lower Body A

Exercise	Sets	Reps
<a href="#">Sumo Deadlift</a>	3 - 4	4 - 6
<a href="#">Bulgarian Split Squat</a>	3 - 4	6 - 8 per side
<a href="#">Barbell Glute Bridge</a>	3 - 5	8 - 10
<a href="#">Banded Single Leg Good Morning</a>	2 - 3	8 - 12 per side
<a href="#">Side Plank with Hip Dip</a>	2 - 3	8 - 12 per side
<a href="#">Barbell Calf Raise</a>	3 - 4	8 - 12

### Day 4: Upper Body B

Exercise	Sets	Reps
<a href="#">Band Pull-Aparts</a>	*	40 - 60 Total
<a href="#">Floor Press</a>	3 - 4	8 - 12
<a href="#">Meadows Row</a>	3 - 4	8 - 12 per side
<a href="#">Single-Arm Landmine Press</a>	3 - 4	8 - 12
<a href="#">Inverted Row</a>	3 - 4	8 - 12
<a href="#">Landmine Concentration Curl</a>	2 - 3	8 - 15 per side
<a href="#">Banded Tricep Extension</a>	2 - 3	20 - 40

\*As few sets as possible

### Day 5: Lower Body B

Exercise	Sets	Reps
<a href="#">Banded Hamstring Curl</a>	*	20 - 40 Total
<a href="#">1 ½ Landmine Squat</a>	3 - 4	8 - 12
<a href="#">Barbell Reverse Lunge</a>	3 - 4	8 - 12 per side
<a href="#">Stiff Leg Deadlift</a>	3 - 4	8 - 12
<a href="#">Standing Banded Hip Abduction</a>	2 - 3	12 - 20
<a href="#">Pallof Press</a>	2	8 - 12 per side
<a href="#">Single Leg Calf Raise</a>	3	AMRAP per side

\*As few sets as possible

AMRAP: As many reps as possible