



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



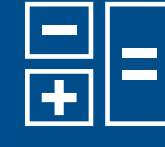
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4 DAY MUSCLE BUILDING WORKOUT: PPL SPLIT W/ V TAPER INTENSIFIER

Build lean muscle mass with this 4 day weekly workout routine. The workout is a unique split that combines a push, pull, legs workout with a V-taper day.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-ppl-and-v-taper-intensifier-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Josh England](#)

Day 1: Push Workout

Exercise	Sets	Reps
Incline Bench Press	4	6 - 8
Dumbbell Bench Press	3	10 - 12
Seated Dumbbell Press	4	6 - 8
Lateral Raises	3	12 - 15
(Weighted) Dips	4	8

Day 2: Pull Workout

Exercise	Sets	Reps
Bent Over Row	4	6 - 8
One Arm Dumbbell Row	3	10 - 12 Each
(Weighted) Chin Up	4	8
Lat Pull Down	3	10 - 12
Wide Grip Bicep Curl	3	12

Day 3: Leg Workout

Exercise	Sets	Reps
Front Squat	4	6 - 8
Leg Extensions	3	10 - 12
RDL	4	6 - 8
Leg Curls	3	10 - 12
Seated Calf Raise	4	8 - 10
Standing Calf Raise	4	12 - 15

Day 4: V Taper Focused Day

Exercise	Sets	Reps
Incline Dumbbell Press	3	12
Machine Shoulder Press	3	10
Cable Lateral Raise	3	12
Seated Cable Row	3	10
Wide Grip Lat Pull Down	3	12