



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



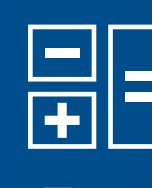
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POWER MUSCLE BURN WORKOUT SPLIT

This building workout is designed to maximize progression and muscle gains by hitting each muscle group with power sets, muscle sets and burn sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-power-muscle-burn-workout-split.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 60 Mins

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

Author: Steve Shaw

Day 1 - Chest & Biceps

Exercise	Sets	Reps
Chest		
Bench Press - Power	4	3 - 5
Incline Bench Press - Muscle	2 - 3	6 - 12
Dumbbell Bench Press - Muscle	2 - 3	6 - 12
Dumbbell Flys - Burn	2	40
Biceps		
Pinwheel Curls - Power	2	3 - 5
Standing Barbell Curl - Muscle	2 - 3	6 - 12
Cable Preacher Curl - Burn	1 - 2	40

Day 2 - Quads & Hamstrings

Exercise	Sets	Reps
Quads		
Squat - Power	4	3 - 5
Leg Press - Muscle	2 - 3	6 - 12
Front Squat - Muscle	2 - 3	6 - 12
Leg Press - Burn	2	40
Hamstrings		
Romanian Deadlift - Power	2 - 4	3 - 5
Romanian Deadlift or Leg Curl - Muscle	2 - 3	6 - 12
Leg Curl - Burn	1	40

Day 3 - Shoulders & Triceps

Exercise	Sets	Reps
Shoulders		
Seated Barbell Press - Power	4	3 - 5
Seated Arnold Press - Muscle	2 - 3	6 - 12
Barbell Front Raise - Muscle	2 - 3	6 - 12
Dumbbell Lateral Raise - Burn	2	40
Triceps		
Closegrip Bench Press - Power	2	3 - 5
Seated French Press - Muscle	2	6 - 12
EZ Bar Skullcrusher - Muscle	2	6 - 12
Cable Tricep Extension - Burn	1	40

Day 4 - Back, Calves & Abs

Exercise	Sets	Reps
Back		
Deadlift - Power	2 - 4	3 - 5
Barbell Rows - Muscle	2 - 3	6 - 12
Lat Pull Down - Muscle	2 - 3	6 - 12
Seated Cable Row - Burn	2	40
Calves		
Seated Calf Raise - Muscle	2 - 3	10 - 15
45 Degree Calf Raise - Burn	2	40
Abs		
Perform Ab Work of Choice		