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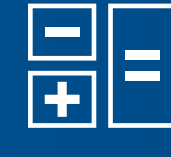
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## ANIMAL INSTINCTS: THE KURT WEIDNER 4 DAY SPLIT WORKOUT

This is the 4 day workout split of Team Scivation sponsored athlete and WNBF pro bodybuilder Kurt "The Animal" Weidner

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60 Mins

**Equipment:** Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Exercise Ball, Machines

**Author:** Team Scivation

Link to Workout: <https://www.muscleanstrength.com/workouts/animal-instincts-kurt-weidner-4-day-split-workout.html>

### Monday: Shoulders & Biceps

Exercise	Sets	Reps
<a href="#">Lat Pull Down</a>	4	8 - 12
<a href="#">Overhead Press</a>	4	8 - 12
<a href="#">Seated Cable Row</a>	4	8 - 12
<a href="#">Dumbbell Lateral Raise</a>	4	8 - 12
<a href="#">Barbell</a> or <a href="#">Dumbbell</a> Row	4	8 - 12
<a href="#">Upright Row</a>	4	8 - 12
<a href="#">Machine Row</a>	4	8 - 12
<a href="#">Dumbbell Front Raise</a>	4	8 - 12
<a href="#">Tricep Pushdown</a> (or Variation)	4	8 - 15
<a href="#">Cable</a> or <a href="#">Dumbbell Curl</a> Variation	4	8 - 15

### Tuesday: Legs

Exercise	Sets	Reps
Warm Up: <a href="#">Hip Abductor</a> & <a href="#">Hip Adductors</a>		
<a href="#">Hack Squats</a>	4	8 - 12
<a href="#">Leg Press</a>	4	8 - 12
<a href="#">Squats</a>	4	10 - 20
<a href="#">Walking Lunge</a>	4	8 - 12
<a href="#">Bulgarian Split Squat</a>	4	8 - 12
<a href="#">Leg Extension</a>	4	8 - 12
<a href="#">Leg Curl</a>	4	8 - 12
<a href="#">Calf Raise</a>	4	10 - 15

### Thursday: Chest & Arms

Exercise	Sets	Reps
<a href="#">Hammer Strength Bench Press</a>	4	8 - 12
<a href="#">Exercise Ball Dumbbell Fly</a>	4	8 - 12
<a href="#">Exercise Ball Cable Fly</a>	4	8 - 12
<a href="#">Bench Dip</a>	4	8 - 12
<a href="#">Skullcrushers</a>	4	8 - 12
<a href="#">French Press</a>	4	8 - 12
<a href="#">Tricep Extension</a>	4	8 - 12
<a href="#">Alternate Dumbbell Curl</a>	4	8 - 12
<a href="#">Cable Curl</a>	4	8 - 12

### Friday: Lower Body

Exercise	Sets	Reps
Warm Up: <a href="#">Hip Abductors</a> & <a href="#">Hip Adductors</a>		
<a href="#">Trap Bar Deadlift</a> / <a href="#">Stiff Leg Deadlift</a> *	4	8 - 12
<a href="#">Walking Lunge</a>	4	8 - 12
<a href="#">Leg Curl</a>	4	8 - 12
<a href="#">Seated Calf Raise</a>	4	10 - 15
<a href="#">Hyperextension</a>	4	8 - 12
<a href="#">Lat Pul Down</a> or <a href="#">Pull Up</a>	4	8 - 12
<a href="#">Wrist Curl</a>	4	8 - 12

\*Alternate Deadlifts: Week 1- Trap Bar Deadlift, Heavy; Week 2- Stiff Leg Deadlift.