



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



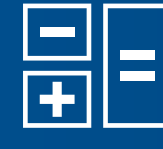
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DROP 5 SYSTEM: 4 DAY HOME MUSCLE BUILDING PLAN

This 4 day “Drop 5” split is designed for the home trainee. This program is an upper/lower split that utilizes only dumbbell, barbell and bodyweight exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/drop-5-home-workout-4-day-plan>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 9 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Steve Shaw

Monday: Lower Body

Exercise	Sets	Reps
Deadlifts - Drop 5 Cycle	4	As Many As Possible (AMAP)
Dumbbell Lunges	4	15 - 20
Dumbbell Stiff Leg Deadlifts or Glute Ham Raise	4	12 - 15
Standing Barbell Calf Raise	4	12 - 20
Planks	4	60 Secs

Please [see the article](#) for a detailed breakdown of the Drop 5 System. [Click here](#) if you'd like to learn more about Drop 5.

Tuesday: Upper Body

Exercise	Sets	Reps
Bench Press - Drop 5 Cycle	4	AMAP
Upright Rows or Seated Arnold Press	4	AMAP
Pull Ups or Inverted Rows	4	8 - 12
Close Grip Bench Press	4	8 - 12
Barbell Curls	4	10 - 12

Please [see the article](#) for a detailed breakdown of the Drop 5 System. [Click here](#) if you'd like to learn more about Drop 5.

Thursday: Lower Body

Exercise	Sets	Reps
Squats - Drop 5 Cycle	4	AMAP
Goblet Squats	4	12 - 15
Stiff Leg Deadlifts	4	6 - 10
Single Leg Dumbbell Calf Raise	4	15 - 20
Ab Wheel Roll Outs or Weighted Sit Ups	4	15 - 20

Please [see the article](#) for a detailed breakdown of the Drop 5 System. [Click here](#) if you'd like to learn more about Drop 5.

Friday: Upper Body

Exercise	Sets	Reps
Military Press - Drop 5 Cycle	4	AMAP
Barbell Row	4	8 - 12
Dumbbell Bench Press	4	10 - 12
Skullcrushers or Seated Two Arm Dumbbell Extensions	4	10 - 15
Seated Alternating Dumbbell Curls	4	10 - 12

Please [see the article](#) for a detailed breakdown of the Drop 5 System. [Click here](#) if you'd like to learn more about Drop 5.