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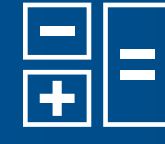
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FAST 4: A BEACH BODY WORKOUT PROGRAM FOR THE COLLEGE STUDENT

Not everyone wants to be a bodybuilder. This workout is perfect for the college student who wants to build muscle with the primary goal of looking great at the beach.

Link to Workout: <https://www.muscleandstrength.com/workouts/fast-4-beach-body-workout-college-student>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 16 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Andrew Pardue

Weeks 1 - 4

Week	Sets	Reps	Rest
Monday			
Barbell Squats	3	15 - 20	90 - 120 Secs
Dumbbell Lunges	3	15 - 20	90 - 120 Secs
Dumbbell Curls	3	15 - 20	90 - 120 Secs
Close Grip Bench Press	3	15 - 20	90 - 120 Secs
Tuesday			
Deadlift	3	15 - 20	90 - 120 Secs
Bench Press	3	15 - 20	90 - 120 Secs
Overhead Press	3	15 - 20	90 - 120 Secs
Lat Pulldown	3	15 - 20	90 - 120 Secs
Thursday			
Barbell Squats	3	15 - 20	90 - 120 Secs
Dumbbell Lunges	3	15 - 20	90 - 120 Secs
Dumbbell Curls	3	15 - 20	90 - 120 Secs
Close Grip Bench Press	3	15 - 20	90 - 120 Secs
Friday			
Deadlift	3	15 - 20	90 - 120 Secs
Bench Press	3	15 - 20	90 - 120 Secs
Overhead Press	3	15 - 20	90 - 120 Secs
Lat Pulldown	3	15 - 20	90 - 120 Secs

Consider [adding some HIIT or MISS Cardio Sessions](#) to your workout to reduce the effects of an unideal college diet.

Weeks 5 - 8

Week	Sets	Reps	Rest
Monday			
Barbell Squats	4	10 - 15	90 - 120 Secs
Dumbbell Lunges	4	10 - 15	90 - 120 Secs
Dumbbell Curls	4	10 - 15	90 - 120 Secs
Close Grip Bench Press	4	10 - 15	90 - 120 Secs
Tuesday			
Deadlift	4	10 - 15	90 - 120 Secs
Bench Press	4	10 - 15	90 - 120 Secs
Overhead Press	4	10 - 15	90 - 120 Secs
Lat Pulldown	4	10 - 15	90 - 120 Secs
Thursday			
Barbell Squats	4	10 - 15	90 - 120 Secs
Dumbbell Lunges	4	10 - 15	90 - 120 Secs
Dumbbell Curls	4	10 - 15	90 - 120 Secs
Close Grip Bench Press	4	10 - 15	90 - 120 Secs
Friday			
Deadlift	4	10 - 15	90 - 120 Secs
Bench Press	4	10 - 15	90 - 120 Secs
Overhead Press	4	10 - 15	90 - 120 Secs
Lat Pulldown	4	10 - 15	90 - 120 Secs

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Weeks 9 - 12

Week	Sets	Reps	Rest
Monday			
Barbell Squats	5	5 - 10	2 Mins - 2.5 Mins
Dumbbell Lunges	5	5 - 10	2 Mins - 2.5 Mins
Dumbbell Curls	5	5 - 10	2 Mins - 2.5 Mins
Close Grip Bench Press	5	5 - 10	2 Mins - 2.5 Mins
Tuesday			
Deadlift	5	5 - 10	2 Mins - 2.5 Mins
Bench Press	5	5 - 10	2 Mins - 2.5 Mins
Overhead Press	5	5 - 10	2 Mins - 2.5 Mins
Lat Pulldown	5	5 - 10	2 Mins - 2.5 Mins
Thursday			
Barbell Squats	5	5 - 10	2 Mins - 2.5 Mins
Dumbbell Lunges	5	5 - 10	2 Mins - 2.5 Mins
Dumbbell Curls	5	5 - 10	2 Mins - 2.5 Mins
Close Grip Bench Press	5	5 - 10	2 Mins - 2.5 Mins
Friday			
Deadlift	5	5 - 10	2 Mins - 2.5 Mins
Bench Press	5	5 - 10	2 Mins - 2.5 Mins
Overhead Press	5	5 - 10	2 Mins - 2.5 Mins
Lat Pulldown	5	5 - 10	2 Mins - 2.5 Mins

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Weeks 13 - 16

Week	Sets	Reps	Rest
Monday			
Barbell Squats	6	2 - 3	2.5 - 3 Mins
Dumbbell Lunges	6	2 - 3	2.5 - 3 Mins
Dumbbell Curls	6	2 - 3	2.5 - 3 Mins
Close Grip Bench Press	6	2 - 3	2.5 - 3 Mins
Tuesday			
Deadlift	6	2 - 3	2.5 - 3 Mins
Bench Press	6	2 - 3	2.5 - 3 Mins
Overhead Press	6	2 - 3	2.5 - 3 Mins
Lat Pulldown	6	2 - 3	2.5 - 3 Mins
Thursday			
Barbell Squats	6	2 - 3	2.5 - 3 Mins
Dumbbell Lunges	6	2 - 3	2.5 - 3 Mins
Dumbbell Curls	6	2 - 3	2.5 - 3 Mins
Close Grip Bench Press	6	2 - 3	2.5 - 3 Mins
Friday			
Deadlift	6	2 - 3	2.5 - 3 Mins
Bench Press	6	2 - 3	2.5 - 3 Mins
Overhead Press	6	2 - 3	2.5 - 3 Mins
Lat Pulldown	6	2 - 3	2.5 - 3 Mins

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