



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



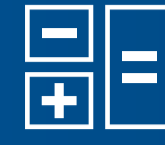
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MACHINE ONLY WORKOUT: 4 DAY WORKOUT SPLIT

So many commercial gyms out there are only investing in machine equipment. If you go to one of these gyms, this might be the perfect workout for you!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-machine-only-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 4 Day

Time Per Workout: 30-60Mins

Equipment: Machines

Target Gender: Male & Female

Author: [M&S Team](#)

Day 1: Machine Only Leg Workout 1

Exercise	Sets	Reps
Smith Machine Front Squat	4	8
Lying Leg Curl	3	10 - 15
Leg Press	4	8
Machine Glute Kickbacks	3	10 - 15
Calf Raises	3	15 - 20

Day 2: Machine Only Push Workout

Exercise	Sets	Reps
Machine Chest Press	4	8
Machine Fly	3	12 - 15
Machine Shoulder Press	4	8
Machine Lateral Raise	3	12 - 15
Machine Dips	3	8
Machine Tricep Pressdown	3	12 - 15

Day 3: Machine Only Pull Workout

Exercise	Sets	Reps
Machine Pull Down	4	8
Machine Pullover	3	12 - 15
Machine Row	4	8
Machine Chin Up	3	10 - 12
Machine Curls	3	12 - 15

Day 4: Machine Only Leg Workout 2

Exercise	Sets	Reps
Smith Machine Squat	4	8
Seated Leg Curls	3	10 - 15
Wide Leg Press	3	10 - 15
Standing Leg Curl	3	10 - 15
Calf Raise	3	15 - 20