



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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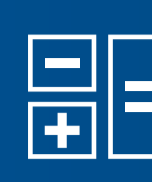
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## SCRUTINY'S 4 DAY MUSCLE BUILDING SPLIT

This 4 day split by Scrutiny from Muscle & Strength is an effective muscle building workout that features an arm day sure to provide results.

Link to Workout: <https://www.muscleandstrength.com/workouts/scrutinys-4-day-muscle-building-split.html>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 4 Days  
**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Team Muscle & Strength

### Monday: Chest & Shoulders

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Bench Press</a>	4	12, 10, 8, 6
<a href="#">Incline Dumbbell Bench Press</a>	4	10, 8, 8, 6
<a href="#">Pec Dec</a>	4	10, 8, 8, 6
<b>Shoulders</b>		
<a href="#">Military Press</a>	3	10, 8, 6
<a href="#">Dumbbell Lateral Raise</a>	3	10, 8, 6
<a href="#">Bent Over Dumbbell Reverse Flys</a>	3	10, 8, 6

### Tuesday: Back & Abs

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Wide Grip Lat Pull Down</a>	4	12, 10, 8, 6
<a href="#">Seated Cable Row</a>	4	10, 8, 8, 6
<a href="#">One Arm Dumbbell Row</a>	3	10, 8, 6
<a href="#">Cable Shrugs</a>	3	10, 8, 6
<b>Abs</b>		
<a href="#">Weighted Crunch</a>	3	10 - 12
<a href="#">Planks</a>	3	As Long As Possible

### Thursday: Quads, Hamstrings & Calves

Exercise	Sets	Reps
<b>Quads</b>		
<a href="#">Squat</a>	4	12, 10, 8, 6
<a href="#">Walking Dumbbell Lunge</a>	4	10, 8, 8, 6
<b>Hamstrings</b>		
<a href="#">Stiff Leg Deadlift</a>	3	10, 8, 6
<a href="#">Leg Curl</a>	3	10, 8, 6
<b>Calves</b>		
<a href="#">Standing Calf Raise</a>	3	12, 10, 8

### Friday: Triceps, Biceps & Abs

Exercise	Sets	Reps
<b>Triceps</b>		
<a href="#">Close Grip Bench Press</a>	3	10, 8, 6
<a href="#">Tricep Dips</a>	3	10, 8, 6
<a href="#">Two Arm Dumbbell Extension</a>	3	10, 8, 6
<a href="#">Rope Tricep Extension (Drop Set)</a>	1	Max Reps - 3 Drops
<b>Biceps</b>		
<a href="#">EZ Bar Preacher Curl</a>	3	10, 8, 6
<a href="#">Concentration Curl</a>	3	10, 8, 6
<a href="#">Cable Curls (Drop Set)</a>	1	Max Reps - 3 Drops
<b>Abs</b>		
<a href="#">Weighted Cable Crunch</a>	3	12, 10, 8
<a href="#">Cable Torso Rotations</a>	3	12, 10, 8

Drop sets: Use a heavy weight and perform as many reps as possible. Without resting, move to a lighter resistance and perform as many reps as possible. Repeat this pattern, dropping weight 2 more times.

