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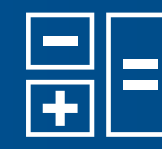
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## SHAUN'S 4 DAY MUSCLE BUILDING SPLIT ROUTINE

A solid 4 day split workout that is designed for those who want to build lean muscle mass and/or gain weight. Workout was developed by Shaun from the M & Strength forum.

Link to Workout: <https://www.muscleandstrength.com/workouts/shauns-4-day-muscle-building-split-routine.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, Cables, Dumbbells, Machines

**Author:** Shaun McEwan

### Day 1: Chest & Triceps

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Incline Dumbbell Press</a>	4	8 to 10
<a href="#">Flat Bench Press</a>	4	8 to 10
<a href="#">Incline Dumbbell Flyes</a>	3	10
<a href="#">Cable Crossovers</a>	3	10
<b>Triceps</b>		
<a href="#">Close Grip Bench Press</a>	3	10
<a href="#">Overhead Rope Extensions</a>	3	10
<a href="#">Reverse Pushdowns</a>	3	10

Alternate between DB and Barbell for the incline bench press exercises. Alternate between flat bench and incline DB flyes. Superset: DB press with DB flyes. Perform 2 [Ab Exercises](#), 3 sets each at the end of the workout.

### Day 2: Legs

Exercise	Sets	Reps
<b>Quads, Hamstrings, &amp; Glutes</b>		
<a href="#">Squat</a>	4	12, 10, 8, 6
<a href="#">Leg Press</a>	4	10
<a href="#">Leg Extensions</a>	3	12
<a href="#">Stiff Leg Deadlift</a>	4	10
<a href="#">Leg Curls</a>	3	12
<b>Calves</b>		
<a href="#">Smith Machine Calf Raises</a>	4	12
<a href="#">Seated Calf Raise</a>	4	8

Superset: Leg press with leg extensions. Triple Drop set on leg curl machine.

### Day 4: Shoulders

Exercise	Sets	Reps
<a href="#">Military Press</a>	4	10
<a href="#">Dumbbell Lateral Raises</a>	3	10
<a href="#">Bent Over Reverse Crossovers</a>	3	10
Plate Shrugs	3	10

Military press in front of head, use full range of movement right down in front of the shoulders. Superset Olympic Bar Shrugs and Plate Shrugs 10 reps on each 3 sets. Perform 2 [Ab Exercises](#), 3 sets each at the end of the workout.

### Day 5: Back & Biceps

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Wide Grip Pull Up</a>	4	10
<a href="#">Lat Pull Down</a>	4	10
<a href="#">Seated Cable Rows</a>	4	10
<a href="#">Bent Over Barbell Row</a>	4	10
<b>Biceps</b>		
<a href="#">Standing Barbell Curl</a>	3	8 - 10
<a href="#">Seated Alternate Dumbbell Curl</a>	3	8 - 10
<a href="#">Hammer Curls</a>	3	10

Try negatives if you don't have a spotter or assisted pullup machine. Dropset: Lat Pull Downs.