



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



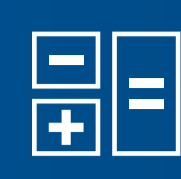
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SHAUN'S 4 DAY PROGRESSIVE OVERLOAD

Maximize muscle growth with progressive overload. In this 4 day split by Shaun, you will add more weight to the bar each set on heavy lifts, and pack on muscle mass.

Link to Workout: <https://www.muscleandstrength.com/workouts/shauns-4-day-progressive-overload-split.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Shaun McEwan

Monday: Chest & Triceps

Exercise	Sets	Reps
Chest		
Superset		
Barbell Bench Press	7	2 - 6
Incline Bench Press	7	2 - 6
Superset		
Dumbbell Flys	4	6 - 8
Pec Dec	4	6 - 8
Triceps		
Superset		
Close Grip Bench Press	4	2 - 6
Skullcrushers	4	2 - 6
Rest for 2 Mins between supersets; All else: Rest 60 - 90 Secs.		

Tuesday: Legs

Exercise	Sets	Reps
Legs		
Squat	7	2 - 6
Leg Extension	4	4 - 8
Hamstrings		
Leg Curl	4	4 - 8

Thursday: Shoulders & Calves

Exercise	Sets	Reps
Shoulders		
Superset		
Barbell Shoulder Press	5	2 - 6
Military Press	5	2 - 6
Dumbbell Lateral Raise	3	4 - 8
Bent Over Dumbbell Reverse Fly	3	4 - 8
Calves		
Smith Machine Calf Raise	3	10 - 12
Seated Calf Raise	3	10 - 12

Friday: Back & Biceps

Exercise	Sets	Reps
Back		
Deadlift*	1	15
Superset		
Lat Pull Down	4	4 - 8
Wide Grip Pull Up	4	4 - 8
Triset		
Seated Cable Rows	4	4 - 8
Bent Over Row	4	4 - 8
T - Bar Row	4	4 - 8
Traps		
Dumbbell or Barbell Shrug	4	10 - 12
Biceps		
Barbell Curl	4	4 - 8
*Deadlifts: Single Reps for 10 Mins, aiming for 15 reps max.		