



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



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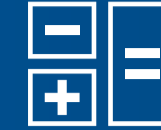
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## STEVE'S DENSITY & STRENGTH 4 DAY SPLIT

This 4 day split by Steve Shaw is a powerbuilding system designed to propel intermediate lifters towards faster muscle mass and strength gains.

Link to Workout: <https://www.muscleandstrength.com/workouts/steves-density-and-strength-4-day-split.html>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 16 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells, Machines  
**Author:** Team Muscle & Strength

### Week A

## Day 1: Chest & Triceps

Exercise	Sets	Reps
<b>Density</b>		
<a href="#">Barbell Bench Press</a>	7	30 Total
<a href="#">Chest Dips</a> or <a href="#">DB Incline Press</a> or <a href="#">Incline Bench Press</a>	7	30 Total
<a href="#">Close Grip Bench Press</a>	7	30 Total
Optional: Add in <a href="#">Abs</a> or <a href="#">Calves</a> 1 - 2 times per week on any training day.		

## Day 2: Back

Exercise	Sets	Reps
<b>Strength</b>		
<a href="#">Deadlift</a>	8	2 - 3
2 - 3 <a href="#">Back</a> Exercises of Choice	3	6 - 10
Optional: 1 <a href="#">Traps</a> Exercise	3	6 - 12

## Day 3: Rest

Exercise	Sets	Reps
Rest Day		

## Day 4: Shoulders & Biceps

Exercise	Sets	Reps
<b>Density</b>		
<a href="#">Seated Press Behind the Neck</a> or <a href="#">Military Press</a>	7	30 Total
<a href="#">Seated Arnold Press</a> or <a href="#">Upright Rows</a>	7	30 Total
<a href="#">Barbell Curl</a> or <a href="#">Standing Dumbbell Curl</a>	7	30 Total

## Day 5: Legs

Exercise	Sets	Reps
<b>Strength</b>		
<a href="#">Squat</a>	8	2 - 3
1 - 2 <a href="#">Quads</a> Exercises of Choice	3	6 - 15
1 - 2 <a href="#">Hamstring</a> Exercises of Choice	3	6 - 12

## Day 1: Chest & Triceps

Exercise	Sets	Reps
<b>Strength</b>		
<a href="#">Barbell Bench Press</a>	8	2 - 3
2 <a href="#">Chest</a> Exercises of Choice	3	6 - 10
1 - 2 <a href="#">Tricep</a> Exercises of Choice	3	6 - 10
Optional: Add in <a href="#">Abs</a> or <a href="#">Calves</a> 1 - 2 times per week on any training day.		

## Day 2: Back

Exercise	Sets	Reps
<b>Density</b>		
<a href="#">Deadlift*</a>	Singles	10 Mins
<a href="#">Barbell Row</a> or <a href="#">Yates Row</a> or <a href="#">Seated Cable Row</a>	7	30 Total
<a href="#">Pull Ups</a> or <a href="#">Lat Pull Down</a> or <a href="#">T - Bar Row</a>	7	30 Total
*Deadlifts: Do as many deadlift singles reps as you can in 10 Mins. Add weight when you're able to complete 15 total reps in 10 Mins.		

## Day 3: Rest

Exercise	Sets	Reps
Rest Day		

## Day 4: Shoulders & Biceps

Exercise	Sets	Reps
<b>Strength</b>		
<a href="#">Seated Press Behind the Neck</a>	8	2 - 3
2 - 3 <a href="#">Shoulder</a> Exercises of Choice	3	6 - 10
1 - 3 <a href="#">Biceps</a> Exercises of Choice	3	6 - 10

## Day 5: Legs

Exercise	Sets	Reps
<b>Density</b>		
<a href="#">Squat</a>	3 - 4	6 - 10
<a href="#">Leg Extension</a>	7	40 Total
<a href="#">Stiff Leg Deadlift</a>	7	35 Total