



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



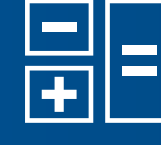
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SUMMER STRENGTH: 4 DAY STRENGTH BUILDING WORKOUT SPLIT

Build some serious strength this summer break with this Summer Strength workout plan. If you're looking to simply get stronger, this is the program for you!

Link to Workout: <https://www.muscleandstrength.com/workouts/summer-strength-4-day-strength-split>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 75 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Josh England

Monday: Lower

Exercise	Sets	Reps
Squat	4 - 6	2 - 5
Trap Bar Deadlift	3	6 - 8
Stiff Legged Deadlift	3	6 - 8
Bulgarian Split Squat	4	6
Glute Ham Raise	3	6

Tuesday: Upper

Exercise	Sets	Reps
Bench Press	4 - 6	2 - 5
Dumbbell Incline Press	3	6
Barbell Row	4	5
Weighted Pull Up	4	6
Military Press	3	5

Thursday: Lower

Exercise	Sets	Reps
Deadlift	4 - 6	2 - 5
Front Squat	4	6
Walking Dumbbell Lunges	4	8
Barbell Hip Thrusts	4	6
Farmer's Walk	3	20 Yards

Friday: Upper

Exercise	Sets	Reps
Strict Overhead Press	4 - 6	2 - 5
Dumbbell Bench Press	4	6
Floor Press	3	4
Heavy Dumbbell Row	4	6
Weighted Chin Up	4	5