



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



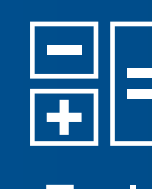
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TANK TOP WORKOUT: 4 DAY MUSCLE BUILDING SPLIT

Sun's out, guns out! Get in prime condition for the warmer months with this tank top workout program so you can hit the beach and pool with confidence!

Link to Workout: <https://www.muscleanstrength.com/workouts/tank-top-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Josh England

Day 1: Back & Biceps

Exercise	Sets	Reps
1. Deadlift	3	10
2. Pulldown	3	10
3. Dumbbell Row	3	10
4. Preacher Curls	3	10
5. Incline Dumbbell Curls	3	10

Day 2: Shoulders, Chest, Triceps

Exercise	Sets	Reps
1. Seated Dumbbell Press	3	10
2. Dumbbell Bench Press	3	10
3. Incline Dumbbell Press	3	10
4. Lateral Raise	3	10
5a. Pec Dec	3	10
5b. Reverse Pec Dec	3	10
6. Dumbbell Skullcrushers	3	10
7. Dumbbell Shrugs	3	10

Day 3: Off/ Active Recovery/ Ab Circuit

Exercise	Sets	Reps
1a. Ab Crunch	3	15
1b. Side Crunch	3	15 per side
1c. Lying Leg Raise	3	12
1d. Russian Twist	3	10 per side
1e. Plank	3	20 secs

Day 4: Legs

Exercise	Sets	Reps
1. Squat	3	10
2. Reverse Lunge	3	10
3. Hamstring Curls	3	10
4. Leg Press	3	10
5. Calf Raise	3	10

Day 5: Back, Biceps, & Triceps

Exercise	Sets	Reps
1. Pullup	3	10
2. Seated Row	3	10
3. Dumbbell Pullover	3	10
4a. Hammer Curl	3	10
4b. Tricep Overhead Extension	3	10
5a. Cable Curls	3	10
5b. Tricep Pushdown	3	10
6. Dumbbell Shrugs	3	10

Day 6 & 7: Off/ Active Recovery/ Ab Circuit

Exercise	Sets	Reps
1a. Ab Crunch	3	15
1b. Side Crunch	3	15 per side
1c. Lying Leg Raise	3	12
1d. Russian Twist	3	10 per side
1e. Plank	3	20 secs