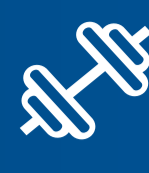




# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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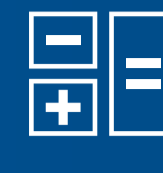
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## TUT WORKOUT: 4 DAY MUSCLE BUILDING WORKOUT SPLIT

Looking for a new way to challenge your muscles into growing? The Time Under Tension (TUT) Workout Program might be exactly what you need! Learn more about TUT and the workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/tut-workout-program>

[workouts/tut-workout-program](https://www.muscleandstrength.com/workouts/tut-workout-program)

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 6 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines

**Author:** Team Allmax

### Day 1

Exercise	Sets	Reps
1. <a href="#">Leg Extension</a>	4 TUT*	8 - 12
2a. <a href="#">Sumo Squats</a>	4**	8 - 12
2b. <a href="#">Narrow Stance Squats</a>	4	20
3. <a href="#">Leg Press</a>	2 TUT	12 - 15
4. <a href="#">Walking Lunges</a>	3	25
5a. <a href="#">Donkey Calf Raises</a>	4 TUT	20
5b. <a href="#">Seated Calf Raises</a>	4 TUT	20
6a. <a href="#">Barbell Rollout</a>	4	20
6b. <a href="#">Swiss Ball Crunches</a>	4	20

\*Use the drop set intensity method on final set.

\*\*Use the rest pause method for the final 3 reps of each set and rest for 2 minutes in between supersets.

### Day 2\*

Exercise	Sets	Reps
1. <a href="#">Dumbbell Lateral Raises</a>	4 TUT	8 - 12
2a. <a href="#">Barbell Military Press</a>	4	8 - 12
2b. <a href="#">Dumbbell Front Raise</a>	4**	8 - 12
3. <a href="#">Bent Over Rear Delt Raise</a>	2	8 - 12
4a. <a href="#">Bench Press</a>	3	8 - 12
4b. <a href="#">Incline Dumbbell Press</a>	3 TUT	8 - 12
4c. <a href="#">Dumbbell Flys</a>	3	8 - 12
5. <a href="#">Machine Press</a>	3***	8 - 12

\*Train shoulders first in the workout one week, chest first in the workout the next - and so on to program completion.

\*\*Use the rest pause for the final 2 reps of each set on front raises.

\*\*\*Perform drop sets on final set.

### Day 4

Exercise	Sets	Reps
1. <a href="#">Close Grip Pulldown</a>	4 TUT*	8 - 12
2a. <a href="#">Pullups</a>	4	8 - 12
2b. <a href="#">Reverse Grip Pulldowns</a>	4**	8 - 12
3. <a href="#">Deadlifts</a>	4	8 - 12
4. <a href="#">Straight Arm Pulldowns</a>	3 TUT	12 - 15
5. <a href="#">Romanian Deadlifts</a>	4	15
6. <a href="#">Leg Curls</a>	4 TUT***	8 - 12

\*Perform a drop set on the final set.

\*\*Perform rest pause method on final 3 reps of each set.

\*\*\*Perform a drop set on the final set.

### Day 6

Exercise	Sets	Reps
1a. <a href="#">Barbell Curls</a>	4	8 - 12
1b. <a href="#">Hammer Curls</a>	4	8 - 12
2. <a href="#">Incline Curls</a>	3 TUT*	8 - 12
3. <a href="#">Rope Pressdown</a>	4**	8 - 12
4a. <a href="#">Dumbbell Kickbacks</a>	4 TUT	8 - 12
4b. <a href="#">Skullcrushers</a>	4 TUT	8 - 12
5. <a href="#">Dips</a>	4	8 - 12

\*Perform a drop set on final set.

\*\*Use the rest pause method on final 3 reps of each set.