



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



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## 3 DAY SPLIT + FULL BODY FRIDAYS: 4 DAY WORKOUT PROGRAM TO BUILD MUSCLE

This 4 day workout program helps you build muscle by combining a high volume 3 day split with a fun and functional full body Friday workout. Give it a try!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-workout-to-build-muscle>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 8 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 30-45 Mins

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

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### Monday: Back & Biceps

Exercise	Sets	Reps
<a href="#">Chin Up</a>	3	10, 8, 6
<a href="#">T - Bar Machine Row</a>	3	10
<a href="#">Close Grip Pull Down</a>	3	10
<a href="#">One Arm Dumbbell Row</a>	3	10
<a href="#">Barbell Curl</a>	3	10
<a href="#">Hammer Curl</a>	3	10

### Tuesday: Legs

Exercise	Sets	Reps
<a href="#">Seated Leg Curl</a> (Pre-Exhaust)	4	10
<a href="#">Barbell Squat</a>	3	10
<a href="#">Trap Bar Deadlift</a>	3	10
<a href="#">Dumbbell Stiff Legged Deadlift</a>	3	10
<a href="#">Leg Extension</a>	3	10
<a href="#">Seated Calf Raise</a>	2	20
<a href="#">Standing Machine Calf Raise</a>	2	20

### Wednesday: Chest, Shoulders & Triceps

Exercise	Sets	Reps
<a href="#">Standing Military Press</a>	3	10
<a href="#">Side Lateral Raise</a>	3	10
<a href="#">Face Pull</a>	3	10
<a href="#">Incline Bench Press</a>	3	10
<a href="#">Dumbbell Bench Press</a>	3	10
<a href="#">Incline Skullcrusher</a>	3	10
<a href="#">Tricep Pushdown</a>	3	10

Alternate between starting this workout with chest exercises and shoulder exercises every other week.

### Friday: Full Body

Exercise	Sets	Reps
<a href="#">Deadlift</a>	4	10
<a href="#">Front Squat</a>	3	10
<a href="#">Barbell Hip Thrust</a>	3	10
<a href="#">Dips</a>	3	10
<a href="#">Inverted Row</a>	3	10
<a href="#">Push Ups</a>	3	10