# 4 Day Maximum Mass Workout

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 4 Days  
**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells, Machines  
**Author:** Steve Shaw

## Day One

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Back and Biceps</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deadlift</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>One Arm Dumbbell Row</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Wide Grip Pull Up or Lat Pull Down</td>
<td>3</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Barbell Row</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Seated Cable Row or Machine Row</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>EZ Bar Preacher Curl</td>
<td>3</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Concentration Curl</td>
<td>3</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Seated Dumbbell Curl</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
</tbody>
</table>

## Day Two

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chest and Triceps</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bench Press</td>
<td>3</td>
<td>6 - 10</td>
</tr>
<tr>
<td>Incline Dumbbell Bench Press</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Chest Dip</td>
<td>3</td>
<td>AMAP*</td>
</tr>
<tr>
<td>Cable Crossover or Pec Dec</td>
<td>3</td>
<td>12 - 15</td>
</tr>
<tr>
<td>Machine Press or Dumbbell Bench Press</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>EZ Bar Skullcrusher</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Two Arm Seated Dumbbell Extension</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Cable Tricep Extension</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
</tbody>
</table>

*As Many As Possible.

## Day Four

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quads, Hamstrings and Calves</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squat</td>
<td>3</td>
<td>6 - 10</td>
</tr>
<tr>
<td>Leg Press</td>
<td>3</td>
<td>15 - 20</td>
</tr>
<tr>
<td>Hack Squat or Dumbbell Lunge</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>Split Leg Deadlift</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Leg Curl</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
<td>3</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
</tbody>
</table>

## Day Five

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shoulders, Traps and Forearms</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seated Barbell Press</td>
<td>3</td>
<td>6 - 10</td>
</tr>
<tr>
<td>Seated Arnold Press</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Dumbbell Lateral Raise</td>
<td>3</td>
<td>10 - 15</td>
</tr>
<tr>
<td>Hammer Strength Press or Smith Press</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>Upright Row</td>
<td>3</td>
<td>8 - 12</td>
</tr>
<tr>
<td>Barbell Shrug or Dumbbell Shrug</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
<tr>
<td>Seated Barbell Wrist Curl</td>
<td>3</td>
<td>12 - 15</td>
</tr>
<tr>
<td>Barbell Static Hold*</td>
<td>5 Minutes</td>
<td>Burn</td>
</tr>
</tbody>
</table>

*Instead of performing reps you simply hold the bar as long as possible.