



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



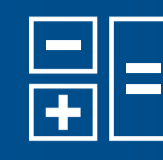
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DOUG'S 4 DAY SPLIT WORKOUT

This muscle building workout is a tried and tested M&S muscle building staple! This workout was developed by trainer and forum member Doug Lawrenson.

Link to Workout: <https://www.muscleanstrength.com/workouts/dougs-4-day-split-workout.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 55 Mins

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

Author: Doug Lawrenson

Monday - Shoulders & Triceps

| Exercise | Sets | Reps |
|--|------|--------------|
| Shoulders | | |
| Smith Machine Shoulder Press | 4 | 12, 10, 8, 6 |
| Dumbbell Lateral Raise | 4 | 12, 10, 8, 6 |
| Dumbbell Reverse Fly | 4 | 12, 10, 8, 6 |
| Dumbbell Shrugs | 4 | 12, 10, 8, 6 |
| Triceps | | |
| Lying Tricep Extension | 3 | 10, 8, 6 |
| One Arm Cable Extension | 3 | 10, 8, 6 |
| One Arm Dumbbell Extension | 3 | 10, 8, 6 |

Tuesday - Back

| Exercise | Sets | Reps |
|---------------------------------------|------|--------------|
| Back | | |
| Wide Grip Pull Up | 4 | 12, 10, 8, 6 |
| Close Grip Pull Down | 4 | 12, 10, 8, 6 |
| One Arm Dumbbell Row | 4 | 12, 10, 8, 6 |
| Bent Over Barbell Row | 4 | 12, 10, 8, 6 |

Thursday - Chest & Biceps

| Exercise | Sets | Reps |
|--|------|--------------|
| Chest | | |
| Incline Dumbbell Bench Press | 4 | 12, 10, 8, 6 |
| Barbell Bench Press | 4 | 12, 10, 8, 6 |
| Incline Dumbbell Flys | 4 | 12, 10, 8, 6 |
| Cable Crossovers | 4 | 12, 10, 8, 6 |
| Biceps | | |
| Incline Dumbbell Curl | 3 | 10, 8, 6 |
| Preacher Curl | 3 | 10, 8, 6 |
| Standing Hammer Curl | 3 | 10, 8, 6 |

Friday - Legs

| Exercise | Sets | Reps |
|--|------|--------------|
| Quads, Hamstrings and Glutes | | |
| Squat | 4 | 12, 10, 8, 6 |
| 45 Degree Leg Press | 4 | 12, 10, 8, 6 |
| Leg Extension | 4 | 12, 10, 8, 6 |
| Stiff Legged Deadlifts | 4 | 12, 10, 8, 6 |
| Calves | | |
| Seated Calf Raise | 3 | 10, 8, 8 |
| Standing Calf Raise | 3 | 15, 12, 10 |