

4 Day Beginner Whole Body Workout Plan for Strength & Mass

Created by [Murshid Akram](#)

Administrator of the Thefitnessphantom.com

Article Link - Thefitnessphantom.com/full-body-workout-routine-for-beginners/

If you feel you should work out four times a week, you can follow this workout schedule.

This 4-day total body workout program will help you build up strength and mass as time goes by.

Let's see what exercises you'll do in the four-day complete body workout program.

Day 1 – Monday

Exercise	Muscles Worked	Reps	Rest
Smith Machine Back Squat	Legs	15, 12, 10	2-3 mins
Dumbbell Lunges	Legs	10 x 2	1-2 mins
Incline Bench Press	Chest	10 x 2	2-3 mins
DB Incline Bench Press	Chest	10 x 2	2-3 mins
Overhead Press	Shoulder	10 x 2	2-3 mins
Single-Arm Dumbbell Row	Back	10 x 2	2-3 mins
Lat Pulldown	Back	10 x 2	1-2 mins

Day 2 – Tuesday

Exercise	Muscles Worked	Reps	Rest
Deadlift	Legs and Back	6, 5, 4	2-3 mins

Exercise	Muscles Worked	Reps	Rest
Machine Leg Press	Legs	10 x 2	1-2 mins
Chinups	Back and Biceps	AMRAP	1-2 mins
Seated Cable Rowing	Back	10 x 2	2-3 mins
Face pull	Back and Shoulder	10 x 2	2-3 mins
Lateral Raise	Shoulder	10 x 2	2-3 mins
Narrow Grip Bench Press	Triceps and Chest	10 x 2	2-3 mins
Hamstring Curl	Hamstrings	10 x 2	1-2 mins
Glutes Bridge	Glutes	10 x 2	1-2 mins

Day 3 – Thursday

Exercise	Muscles Worked	Reps	Rest
Sumo Deadlift	Legs	6, 5, 4	2-3 mins
Pushup	Chest	10 x 2	1-2 mins
Incline Bench Press	Chest	10 x 2	2-3 mins
Arnold Press	Shoulder	10 x 2	2-3 mins
Barbell Upright Row	Shoulder	10 x 2	2-3 mins
Bench Dips	Triceps	10 x 2	2-3 mins
T Rowing	Back	10 x 2	1-2 mins
Front Plank	Core	45-60	seconds

Exercise	Muscles Worked	Reps	Rest
Side Plank	Core	20-30	seconds

Day 4 – Friday

Exercise	Muscles Worked	Reps	Rest
Bench Press	Chest	10 x 2	2-3 mins
DB Incline Bench Press	Chest	10 x 2	2-3 mins
Rope Pushdown	Triceps	10 x 2	2-3 mins
Dumbbell IYT Raises	Back and Shoulder	10 x 2	2-3 mins
Leaning Lateral Raise	Shoulder	10 x 2	2-3 mins
Lat Pulldown	Back	10 x 2	2-3 mins
Seated Rowing	Back	10 x 2	2-3 mins
Glutes Bridge	Glutes	10 x 2	1-2 mins

List of Exercises with how-to instructions that you can use in your workout schedule.

1. [20+ Dumbbell Compound Exercises](#)
2. [Best Chest And Shoulder Workout To Build Muscle](#)
3. [Top 7 Back Workout For Mass Gain](#)
4. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
5. [Best Glute And Hamstring Workout](#)
6. [Biceps And Triceps Workout At The Gym \(With PDF\)](#)

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- 2) [Barbell Workout Routine At Home \(With PDF\)](#)

- 3) [Gym Workout Plan For Women And Men With PDF](#)
- 4) [Single Kettlebell Workout Program \(30-Day Plan\)](#)
- 5) [6 Day Gym Workout Schedule With PDF](#)

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.