

4 Day Full Body Workout Routine for Mass Gain

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Summary

- Rest time between sets: 1-2 minutes
- Example of training days: Monday, Tuesday, Thursday, Friday
- Tempo: No specific tempo. However, you can follow 3-1-2.

Day 1

Workout	Sets x Reps	Targeted Muscle
Bench Press	4 x 8-12 RM	Chest
Cable Triceps Pushdown	3 x 10-12 RM	Triceps
DB Overhead Press	4 x 8-12 RM	Shoulder
Cable Seated Rowing	4 x 8-12 RM	Back
EZ Bar Biceps Curl	3 x 10-12 RM	Biceps
Machine Leg Press	4 x 10-15 RM	Quads
Weighted Glute Bridge	3 x 8-12 RM	Gutes

Day 2

Workout	Sets x Reps	Targeted Muscle
Barbell Back Squat	4 x 10-15 RM	Quads
Machine Leg Curl	3 x 8-12 RM	Hamstrings
Lat Pulldown	4 x 8-12 RM	Back
Chinup/ Concentration Curl	AMRAP x 3	Back and Biceps
Incline DB Bench Press	4 x 8-12 RM	Chest
DB/Cable Kickback	3 x 8-10 RM	Triceps
Dumbbell Lateral Raises	4 x 8-12 RM	Shoulder

Day 3

Workout	Sets x Reps	Muscle Worked
Military Press	4 x 8-12 RM	Shoulder
Seated Machine Fly	4 x 8-12 RM	Chest
Barbell Bent-over Rowing	4 x 8-12 RM	Back
Barbell Upright Row	3 x 8-10 RM	Shoulder & Back
Wrist Curl	3 x 8-10 RM	Forearm
Hack Squat/DB Lunges	4 x 8-10 RM	Legs
Calf Raises	3 x 8-10 RM	Calves

Day 4

Workout	Sets x Reps	Muscle Worked
Conventional Deadlift	4, 3, 2, 1 reps	Legs, Back
Cable Curl	4 x 8-12 RM	Back
Single-arm DB Rowing	3 x 8-12 RM	Biceps
Incline Barbell Bench Press	4 x 8-12 RM	Chest & Shoulder
Barbell/DB Skull Crusher	3 x 8-12 RM	Triceps
Face Pull	3 x 8-12 RM	Back & Shoulder
Shoulder Shrug	3 x 8-12 RM	Shoulder

Can You Build Muscle Doing Full Body Workout 4 Times A Week?

Yes, doing the full body workouts 4 days a week is suitable for building muscles.

Training four times a week allows you to work twice/thrice on your major muscles group, such as the [chest](#), [back](#), and [legs](#), and help you [increase muscle mass](#).

[Split Workout](#) and Full-Body Workout Routine showed similar gains in muscle strength and thickness in the lower and [upper body](#) in research performed on 67 untrained individuals for eight weeks.

Moreover, another study suggested that total body training is more helpful in growing muscular strength than split training in trained men. However, split training may be more appropriate for intermediate and advanced who want to grow muscle mass.

So, if you're a [beginner](#), you can start your journey with a [total body workout program](#). But if you're an experienced fitness enthusiast, you can [combine whole body and split routine](#) to get the best results.

If you want to know how to perform the exercises mentioned in the above workout program, you can save the following articles.

- [Best Chest And Shoulder Workout To Build Muscle](#)
- [The Best Back Workouts For Mass \(17 Exercises\)](#)
- [Beginner Upper Body Workout \(An Ultimate Guide\)](#)
- [Best Glute And Hamstring Workout](#)
- [Dumbbell Leg Exercises](#)

Explore More Workout Routines

- 1) [1 Hour Gym Workout For Beginners To Build Muscle](#)
- 2) [Gym Workout Plan For Women And Men With PDF](#)
- 3) [4 Day Compound Workout Routine \(5 Types\)](#)
- 4) [Push Pull Legs 5 Day Split Workout With PDF](#)
- 5) [5 Day Compound Workout Routine To Build Muscle](#)
- 6) [5 Day Gym Workout Schedule With PDF](#)
- 7) [Best Upper Lower Split 3, 4, 5, & 6 Day Routine](#)
- 8) [6 Day Gym Workout Schedule With PDF](#)



The advertisement is split into two main sections. On the left, a white tub of Orgain Organic Protein is shown against a white background. Text to the left of the tub reads "Leaves other powders in the dust." Below this is a blue "SHOP NOW" button. The Orgain logo is at the bottom left. On the right, a muscular man is shown in a blue-tinted, dramatic lighting, looking upwards. A black tub of Strength protein powder is positioned in front of him. To the right of the man, text reads "Achieve workout results that you could only once dream of" and "LEARN MORE" at the bottom right.

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- ⁱ Schoenfeld BJ, Ogborn D, Krieger JW. [Effects of Resistance Training Frequency on Measures of Muscle Hypertrophy: A Systematic Review and Meta-Analysis](#). Sports Med. 2016 Nov;46(11):1689-1697
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Bartolomei S, Nigro F, Malagoli Lanzoni I, Masina F, Di Michele R, Hoffman JR. A [Comparison Between Total Body and Split Routine Resistance Training Programs in Trained Men](#). J Strength Cond Res. 2021 Jun 1;35(6):1520-1526