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Best 4 Day Gym Workout Schedule for Muscle Gain

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Summary

Program Duration	4 Weeks
Main Goal	Muscle Building
Routine Type	Split
Target Gender	Male and Female
Difficulty Level	Beginners to Intermediate
Duration of a Session	60-75 Minutes
Recommended Supplement	Whey Protein Isolate
Alternate Plans	4 Day Full Body Workout 4 Day Push Pull Workout

Day	Muscle To Train
Monday	Chest and Triceps
Tuesday	Quadriceps, Glute, and Calves
Wednesday	Rest
Thursday	Back, Biceps, and Forearms
Friday	Shoulder, Hamstring, and Core
Saturday	Rest
Sunday	Rest

Day 1 – Chest And Triceps

Exercise	Sets	Rest
Flat Barbell Bench Press	12, 10, 10, 8	1-3 min
Incline Dumbbell Bench Press	12, 10, 8	1-3 min
Pec Deck Machine Fly	12, 10, 8	1-2 min
Dumbbell Pullover /Dips	10, 10, 8	1-2 min
Triceps Rope Pushdown	12, 10, 8	1-2 min
Incline Dumbbell Kickback	10, 10, 8	1-2 min

Day 2 – Quadriceps, Glute, And Calves

Exercise	Sets	Rest
Smith Machine/Barbell Back Squat	15, 12, 10, 8	1-3 min
Dumbbell Forward Lunges	10 x 2	1-2 min
Machine Leg Press	15, 12, 10	1-3 min
Machine Leg Extension	10 x 2	1-2 min
Weighted Glute Bridge	10 x 3	1-2 min
Standing Calf Raises	15 x 3	1-2 min

Day 3 – Back, Biceps, And Forearms

Exercise	Sets	Rest
Pullups/Deadlift	AMRAP x 3/6, 5, 4, 2	1-3 min
Wide Grip Lat Pulldown	12, 10, 10, 8	1-3 min
Bent-over Barbell Row	10 x 3	1-2 min
Seated Cable Rowing	12, 10, 10, 8	1-2 min
Barbell Biceps Curl	12, 10, 8	1-2 min
Dumbbell Hammer Curl	12, 10, 8	1-2 min

Note: AMRAP is an acronym of – As many reps as possible.

Day 4 – Shoulder, Hamstring, And Core

Exercise	Reps	Rest
Barbell Overhead Press	12, 10, 8	1-3 min
Dumbbell Front Raises	10 x 2	1-2 min
Dumbbell Lateral Raises	10 x 3	1-2 min
Rear Delt Machine Fly	10 x 3	1-2 min
Barbell Upright Row	10 x 2	1-2 min
Machine Leg Curl	10 x 3	1-2 min
Core Workout	10-minute	–

Additional Information:

1. Increase the load 10 to 15 percent of your 1RM after each set
2. Use the weights that are heavy enough for doing the suggested reps and sets but make sure you maintain good form and feel the contraction during each rep.
3. If you don't do or like any exercises mentioned in this program, you can replace them.
4. If you need to do more exercises on any training day, you can add them.

5. By repeating the same pattern over and over, you will be able to gain your strength and mass.
6. Once you feel four days are not enough, you can start this [5 day gym workout schedule](#).
7. Read FnQ below for more answers related to this program.
8. It would be best to replace some exercises in the following weeks. For example, you can do incline machine press instead of dumbbell presses and cable fly instead of pec deck fly for the chest muscles.

Here is the list of exercises you can incorporate into this 4 day gym workout schedule.

- [25 Best Upper Body Workout For Strength And Mass](#)
- [Barbell Leg Exercises For Quads, Hams, Glute & Calf](#)
- [20 Best Crossfit Barbell Workouts For Ultimate Strength](#)
- [Dumbbell Leg Exercises](#)
- [The 37 Best Dumbbell Exercises For Beginners](#)

Frequently Asked Questions (FAQs)

Is Working Out 4 Days Of Gym A Week Enough?

Working out 4 days a week isn't enough to build lots of muscle but good for improving strength and decent gains over time. However, the training frequency primarily depends on goal to goal. If you want to stay fit, active, and strong the 4 days would be enough for lifting but if you're going to build lots of muscle, you may have to lift five to six times a week.

Can You Work Out 4 Days in a Row?

Yes, you can work out four days in a row if you want to. But there are some drawbacks; for example, you may not give your 100 percent on your third or fourth day, you may feel exhausted for the next couple of days, and your muscles may not get fully recovered. So take a rest day between training days if possible.

Can I Follow This Workout Routine to Lose Weight?

I've created a separate [program for weight watchers](#) that you can follow. But do not solely depend on [lifting weights for losing fats](#). Instead, cut your calories, go to a nutritionist for guidance if you're serious about shedding your excess kilos.

How To Maximize Muscle Growth?

Well, getting the noticeable result takes time, typically three to four months, depending on how your body responds and how you follow the process.

Here are a few things you should take care of for maximum results:

- 1. Progressive Overload:** Increasing load over time is known as progressive overload. And it is crucial for muscle growth. So if you also want to beef up mass and strength, increase 10 to 15 percent of your 1RM constantly, typically after every three to four weeks.
- 2. Nutrition:** Whether you want to lose weight, gain muscles, or just look and feel good, your diet should be your top priority. You can research what and how much you should eat for better results. And if it's difficult for you, get a nutritionist consultation. Moreover, you can check out this resource on the National Institute of Health website.
- 3. Recovery:** Rest days are as important as training days. For example, rest days allow time for muscle recovery, reduce the risk of injuries, and enhance performance. The Healthline, a fitness website, has outlined a list of [15 benefits of rest days](#); you may take a look.
- 4. Repetition:** Repeat all the above things consistently to get the desired results faster.

Moreover, you can check out this article about "[How Long Does It Take To Build Noticeable Muscle?](#)" where I've shared some of the important factors for muscle growth.