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## 4 Day Dumbbell and Barbell Workout Routine

Created by: [Murshid Akram](#)

Check out [article](#) for more info

### Workout Plan Description

This exercise routine is right for you if you're looking to build lean mass, grow strength, and develop a muscular body. It is suitable for all fitness levels, from men to women.

Here's the summary of this plan:

Expected Program Duration	8 Weeks
Routine Type	Upper/Lower Split
Level	Beginners to Intermediate
Daily Workout Duration	45-60 Minutes
Additional Equipment Require	Weight Plates and A Flexible Workout Bench
Recommended Supplement	<a href="#">Whey Protein Isolate</a>

You can also incorporate bodyweight exercises to add more variations to your workout plan.

### Schedule

- Day 1 – Chest, Front & Lateral Deltoid, and Triceps
- Day 2 – Quadriceps and Calves
- Day 3 – Rest
- Day 4 – Back, Rear Deltoid, and Biceps
- Day 5 – Hamstrings, Glutes, Core
- Day 6 – Rest
- Day 7 – Rest

Let's see what exercises to do in the four days workout plan.

Exercise	Muscles Worked	Reps	Rest
<a href="#">Flat Barbell Bench Press</a>	Chest	8-12 x 4	1-2 min

<a href="#">Incline Dumbbell Bench Press</a>	Chest	10 x 3	60-90 sec
<a href="#">Military Press</a>	Front Delt	10 x 3	1-2 min
<a href="#">Dumbbell Front Raises</a>	Front Delt	10 x 2	60-90 sec
<a href="#">Dumbbell Lateral Raises</a>	Side Delt	10 x 3	1-2 min
<a href="#">Dumbbell French Press</a>	Triceps	10 x 2	60-sec
<a href="#">Dumbbell Kickback</a>	Triceps	10 x 2	60-sec

Exercise	Muscles Worked	Reps	Rest
<a href="#">Barbell Back Squat</a>	Quads	15 x 3	1-2 min
<a href="#">Dumbbell Stationary Lunges</a>	Quads	10 x 3	1-2 min
<a href="#">Dumbbell Leg Extension/Step-up</a>	Quads	10 x 3	1-2 min
<a href="#">Dumbbell Sumo Squat</a>	Quads	10 x 2	1-2 min
<a href="#">Dumbbell Calf raises</a>	Calves	10 x 4	1-2 min

Exercise	Muscles Worked	Reps	Rest
<a href="#">Barbell Deadlift</a>	Back and Legs	6-8 x 3	1-3 min
<a href="#">Incline Dumbbell IYT Raises</a>	Back and Rear Delt	6-8 x 3	1-3 min
<a href="#">Pendlay Row</a>	Back and Rear Delt	10 x 3	1-2 min
<a href="#">Single-arm Dumbbell Row</a>	Back	10 x 3	1-2 min
<a href="#">Standing Barbell Biceps Curl</a>	Biceps	10 x 2	1-2 min
<a href="#">Concentration Curl</a>	Biceps	10 x 4	1-2 min

Exercise	Muscles Worked	Reps	Rest
<a href="#">Barbell Romanian Deadlift</a>	Hamstrings	6-8 x 3	1-2 min
<a href="#">Dumbbell Leg Curl</a>	Hamstrings	8-10 x 3	1-2 min
<a href="#">Barbell Hip Thrust</a>	Glute	8-10 x 3	1-2 min
<a href="#">Dumbbell Side Bend</a>	Core	10 x 2	30-60 sec
<a href="#">Dumbbell Crunches</a>	Core	10 x 2	30-60 sec
<a href="#">Dumbbell Wood Chop</a>	Core	10 x 2	30-60 sec

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