

THE FITNESS PHANTOM

4-Day Push Pull Program B

Strength-and-hypertrophy routine for intermediate lifters. Exercise names are internally linked only when a matching TFP instruction page is available.

Source plan: thefitnessphantom.com/4-day-push-pull-workout-routine

Website: thefitnessphantom.com

Program Overview

Program Detail	Recommendation
Goal	Strength and hypertrophy
Level	Intermediate
Days	4 days per week
Duration	8-12 weeks
Workout Length	About 60-80 minutes
Effort	Heavy compounds 2-3 RIR; accessories 1-2 RIR
Progression	Double progression
Equipment	Commercial gym

Weekly Schedule

Day	Workout
Monday	Push A
Tuesday	Pull A
Wednesday	Rest
Thursday	Push B
Friday	Pull B
Saturday	Rest
Sunday	Rest

Day 1 - Push A

Focus: Chest, Quads, Shoulders, and Triceps

Exercise	Sets x Reps	Rest	RIR	Target Muscles
Barbell Back Squat	4 x 4-6	2-4 min	2-3	Quads, Glutes
Barbell Bench Press	4 x 4-6	2-4 min	2-3	Chest, Triceps, Front Delts
Incline Dumbbell Press	3 x 8-12	2 min	1-2	Upper Chest, Front Delts, Triceps
Overhead Barbell Press	3 x 5-8	2-3 min	2-3	Shoulders, Triceps
Dumbbell Lateral Raise	3 x 12-15	60-90 sec	1-2	Side Delts
Triceps Dip	2-3 x 8-12	90 sec	1-2	Triceps, Chest

Coach's Notes

Keep the squat, bench press, and overhead press slightly farther from failure so you can maintain good technique and recover well. The accessory lifts can be pushed a little harder.

Day 2 - Pull A

Focus: Back, Hamstrings, Biceps, and Rear Delts

Exercise	Sets x Reps	Rest	RIR	Target Muscles
Barbell Deadlift	3 x 3-5	3-4 min	3	Glutes, Hamstrings, Back
Lat Pulldown	3 x 6-10	2 min	1-2	Lats, Biceps
Chest-Supported Row	3 x 8-12	2 min	1-2	Mid Back, Lats, Rear Delts
Seated or Lying Leg Curl	3 x 8-12	90-120 sec	1-2	Hamstrings
Barbell or Dumbbell Curl	3 x 8-12	60-90 sec	1-2	Biceps
Face Pull	2-3 x 12-15	60-90 sec	1-2	Rear Delts, Upper Back

Coach's Notes

The deadlift is the main strength lift, so avoid grinding reps. Using a chest-supported row instead of a bent-over row also reduces unnecessary lower-back fatigue after deadlifts.

Day 3 - Push B

Focus: Chest, Quads, Shoulders, Triceps, and Calves

Exercise	Sets x Reps	Rest	RIR	Target Muscles
Incline Barbell Bench Press	4 x 6-8	2-3 min	2	Upper Chest, Front Delts, Triceps
Leg Press	3 x 8-12	2-3 min	1-2	Quads, Glutes
Dumbbell Shoulder Press	3 x 8-12	2 min	1-2	Shoulders, Triceps
Bulgarian Split Squat	3 x 8-12/leg	2 min	2	Quads, Glutes
Overhead Triceps Extension	3 x 10-15	60-90 sec	1-2	Triceps
Cable Lateral Raise	2-3 x 12-20	60-90 sec	1-2	Side Delts
Standing Calf Raise	3 x 10-15	60-90 sec	1-2	Calves

Coach's Notes

This session is more hypertrophy-oriented than Push A. Use controlled reps and focus on muscle tension rather than trying to turn every exercise into a strength test.

Day 4 - Pull B

Focus: Back, Hamstrings, Glutes, Biceps, and Core

Exercise	Sets x Reps	Rest	RIR	Target Muscles
Romanian Deadlift	3 x 6-10	2-3 min	2-3	Hamstrings, Glutes
Weighted Chin-Up	3 x 6-10	2-3 min	2	Lats, Biceps
Chest-Supported Row	3 x 8-12	2 min	1-2	Mid Back, Lats, Rear Delts
Glute-Ham Raise	3 x 8-12	90-120 sec	1-2	Hamstrings, Glutes
Hammer Curl	3 x 10-12	60-90 sec	1-2	Biceps, Brachialis, Forearms
Hip Thrust	3 x 8-12	2 min	1-2	Glutes, Hamstrings
Hanging Knee Raise	3 x 10-15	60-90 sec	1-2	Abs, Hip Flexors

Coach's Notes

The Romanian deadlift provides the heavier posterior-chain work on this day, while the glute-ham raise and hip thrust add more direct hamstring and glute volume. Keep the first exercise controlled and avoid pushing it to failure.

How Hard Should You Train?

You don't need to take every set to complete failure. For most exercises, finish when you feel you could still perform **1-3 clean reps with good form**. Heavy compound lifts are usually best kept around **2-3 RIR**, while isolation exercises can usually be trained closer to failure at **1-2 RIR**.

How to Progress

Use **double progression**: add reps first, then increase the weight. If an exercise is programmed for **3 x 8-12**, keep the same weight until you can reach 12 reps on all sets with good form and the recommended RIR. Then increase the load slightly and build your reps up again.

Warm-Up Before Training

Start with about **5 minutes of light cardio**, then perform a few dynamic movements related to the workout. Before your first heavy compound exercise, perform **2-4 lighter warm-up sets**, gradually increasing the weight. Warm-up sets do not count toward your working sets.

Internal Link Note

Exercise names are linked only when The Fitness Phantom has a page that provides actual exercise instructions or technique guidance. Exercises without a suitable instruction page are intentionally left unlinked.

For the full article and updates, visit [TheFitnessPhantom.com](https://thefitnessphantom.com).