

4 DAY WORKOUT PLAN

PUSH / PULL / LEGS / ARMS



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – PUSH (Chest, Shoulders, Triceps)

Exercise	Reps
Barbell Bench Press	4 x 10–12
Incline Dumbbell Press	3 x 10–12
Dumbbells Shoulder Press	4 x 12
Dumbbell Lateral Raises	3 x 12–15
Bodyweight Dips	3 x 12–15
Overhead Dumbbell Triceps Extension	3 x 10–12
Cable Rope Triceps Pushdown	3 x 12

DAY 2 – PULL (Back, Rear Delts, Biceps)

Exercise	Reps
Close Grip Lat Pulldown	4 x 10–12
Barbell Lat Pulldown	4 x 10–12
Barbell Row Wide Grip	3 x 10–12
Single-Arm Dumbbell Row	3 x 10 each side
Face Pulls	3 x 12–15
EZ-Bar Curl	3 x 10–12
Incline Dumbbell Curl	3 x 10–12

DAY 3 – LEGS (Glutes, Quads, Hamstrings, Calves)

Exercise	Reps
Barbell Squat	4 x 12–15
Romanian Deadlift	4 x 12–15
Standing Lunges	3 x 12 steps/leg
Bulgarian Split Squat	3 x 10–12/leg
Seated Hamstring Curl	3 x 12
Standing Calf Raises	4 x 15

DAY 4 – ARMS (Biceps, Triceps, Forearms)

Exercise	Reps
Close-Grip Bench Press	4 x 10–12
Cable Overhead Rope Triceps Extensions	3 x 10–12
Rope Triceps Pushdown	3 x 12
Small Barbell Curl	4 x 10–12
Rope Hammer Curl	3 x 10–12
Wrist Extension	2 x 15–30
Wrist Curls	2 x 15–30