

4-WEEK ADVANCED

MUSCLE GROWTH

WORKOUT PLAN

WEEKS 1-2

- Barbell back squat (5 sets, 6 reps)
- One leg barbell squat (4 sets, 8-10 reps)
- Glute-hamstring raise (4 sets, 12-15 reps)
- Donkey raise (2 sets, 10 reps)
- 5-second (eccentric) Romanian deadlift (2 sets, 6 reps)

DAY 1 / LOWER BODY

- Barbell bench press (4 sets, 6 reps)
- Pull-ups (4 sets, 4-6 reps)
- Half-kneeling overhead press (4 sets, 10 reps)
- Push-ups (4 sets, max reps)
- Lying triceps press (4 sets, 6 reps)

DAY 2 / UPPER BODY

- Standing biceps cable curl (3 sets, 12 reps)
- Triceps pushdown (3 sets, 12 reps)
- Close-grip barbell bench press (4 sets, 6-8 reps)
- Straight-leg sit-up (3 sets, 20 reps)
- Hanging knee raise (3 sets, 20 reps)

DAY 3 / ARMS + ABS

- Sumo deadlift (5 sets, 6 reps)
- Snatch-grip deadlift (2 sets, 10,8,6 reps)
- Dumbbell reverse lunge (4 sets, 10 reps)
- Goblet squat (1 set, 40 reps)
- Leg extensions (3 sets, 12-15 reps)

DAY 4 / LOWER BODY

- Chin-up (5 sets, 10 reps)
- Side lateral raise (4 sets, 6 reps)
- Dumbbell shrug (4 sets, 6 reps)
- Cable row (4 sets, 10 reps)
- Cable chest fly (4 sets, 10 reps)

DAY 5 / UPPER BODY

- Concentration curls (3 sets, 15 reps)
- Seated dumbbell curl (4 sets, 6-8 reps)
- Cable one arm tricep extension (3 sets, 15 reps)
- Stability ball roll-out (3 sets, 12 reps)
- Wall press dead-bug (3 sets, 10 reps)

DAY 6 / ARMS + ABS

WEEKS 3-4

- Front barbell squat (6 sets, 5 reps)
- Barbell step up (4 sets, 8 reps)
- Glute hamstring raise (4 sets, 8 reps)
- Seated leg curls (3 sets, 12-15 reps)
- Romanian deadlift (4 sets, 8 reps)

DAY 1 / LOWER BODY

- Side lateral raise (4 sets, 6 reps)
- Overhead dumbbell press (4 sets, 8 reps)
- Dumbbell bent-over row (4 sets, 8 reps)
- Dumbbell chest press (4 sets, 8 reps)
- Lying triceps press (4 sets, 6 reps)

DAY 2 / UPPER BODY

- Barbell roll-out (3 sets, 12 reps)
- Triceps pushdown (3 sets, 12 reps)
- Medicine-ball side throw (3 sets, 12 reps)
- Knee pull in (3 sets, 12-20 reps or to failure)
- Bear crawl (3 sets, 15 steps reps)

DAY 3 / ARMS + ABS

- Weighted straight-leg sit-up (3 sets, 15 reps)
- Hanging leg raise (3 sets, 20 reps)
- Cable triceps press-down (3 sets, 12 reps)
- Farmer's carry (3 sets, 40 yards)
- Reverse lunge (4 sets, 12-15 reps)

DAY 4 / LOWER BODY

- Chin-up w 3-sec hold at top (5 sets, 6 reps)
- Incline bench press (4 sets, 8 reps)
- Dumbbell front raise (4 sets, 8 reps)
- Rope cable high row (4 sets, 8 reps)
- Dumbbell chest fly (4 sets, 12 reps)

DAY 5 / UPPER BODY

- Dumbbell alternate bicep curl (4 sets, 6-8 reps)
- Seated triceps press (3 sets, 8 reps)
- Sit up (3 sets, 12-20 reps or to failure)
- Knee pull in (3 sets, 12-20 reps or to failure)
- Toe toucher (3 sets, 15-20 reps or to failure)

DAY 6 / ARMS + ABS

END PROGRAM