



4 Day Workout Routine

Workout Overview

The following 4 day workout routine is based on a 4 day split. Using this routine, you will train two body part per day for duration of 4 days. This routine will allow you to maximize your training while allowing for optimal rest and recovery times.

Warm Up

The warm up prepares your body for increased physical demands and helps to reduce the chance of injury. A typical warm up might include light stretching and/or low intensity cardiovascular exercise. A few minutes on a bike or treadmill is a great place to start! You could also try a 5 to 10 minute brisk walk.

Training Sequence

Day 1: Monday	Chest / Triceps / Abs
Day 2: Tuesday	Legs
Day 3: Wednesday	Shoulders / Traps
Day 4: Thursday	Back / Biceps / Abs
Day 5: Friday	Rest
Day 6: Saturday	Repeat Cycle
Day 7: Sunday	

Notes

Please make as many copies as you need of the workout charts listed below. It may be a good idea to store the charts in a folder and update as you progress.

DAY 2 - TUESDAY - LEGS

WEEK ___ / ___ / ___ to ___ / ___ / ___ FOR: _____

GOALS _____



DAY 2 WORKOUT - LEGS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
LEG EXTENSIONS	3	15		1 MIN	
SQUATS	4	8		1 MIN	
LEG PRESS	4	12		1 MIN	
LYING LEG CURLS	4	12 - 15		1 MIN	
STIFF LEG DEAD LIFTS	4	12		1 MIN	
STANDING CALF RAISE	3	25		30 SECS	
SEATED CALF RAISE	3	15		30 SECS	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES
Warm up (after weights)			Low	5 - 10 cardio
Cardio (after weights)			Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 3 - WEDNESDAY - SHOULDERS / TRAPS

WEEK / / to / / FOR: _____

GOALS _____



DAY 3 WORKOUT C - SHOULDERS / TRAPS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
SIDE LATERALS	3	12 - 15		1 MIN	40 SECS
FRONT BARBELL PRESS	4	8		1 MIN	1 MIN
ARNOLD PRESS	4	8		1 MIN	1 MIN
BENT OVER LATERALS	3	12 - 15		1 MIN	40 SECS
BARBELL SHRUGS	4	12		1 MIN	1 MIN
DUMBBELL SHRUGS	2 - 3	*DTR		40 SEC	(down the racks)
*DTR (down the racks)					

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES
Warm up (after weights)			Low	5 - 10 cardio
Cardio (after weights)			Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

DAY 4 - THURSDAY - BACK / BICEPS / ABS

WEEK ____ / ____ / ____ to ____ / ____ / ____ FOR: _____

GOALS _____



DAY 4 WORKOUT D - SHOULDERS / ABS

Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
WIDE GRIP CHIN UPS	4	10		1 MIN	
BARBELL BENT OVER ROWS	4	12		1 MIN	
SEATED CABLE PULLS	4	12		1 MIN	
SEATED ALTERNATE CURLS	4	12		1 MIN	
STANDING BARBELL CURLS	4	12		40 SECS	
INCLINE SIT UPS	5	15 - 20		1 MIN	

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES
Warm up (after weights)			Low	5 - 10 cardio
Cardio (after weights)			Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

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Thank you for your interest in Building-Muscle 101's 5 day workout routine. Here are some other workouts you may be interested in:

3 day workout plan:

building-muscle101.com/3-day-split-sample-routine.html

Fat burning circuit program:

building-muscle101.com/circuit-training-program-to-burn-fat-and-build-muscle.html

Half hour workout for women:

building-muscle101.com/half-hour-workout-for-women.html

Half hour workout for men:

building-muscle101.com/half_hour_workout_men.html

If you enjoyed this routine, please feel free to share this with anyone who may be interested.

All the best,

Blake Bissaillon

building-muscle101.com



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