

# Weekly Compound Workout Program to Level Up Your Fitness

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Check out [article](#) for more info

## Program Overview

From muscle building to weight loss, I've shared multiple workout routines. Here are all the programs you'll see in this article. You can save the one you need.

- 4 Day Full Body Compound Workout Plan
- 4 Day Upper Lower Compound Workout Routine
- 4 Day Compound Workout Plan for Weight Loss
- 4 Day Bodyweight Compound Workout Routine at Home

The first two programs would be helpful for those trying to [gain strength and size](#).

The third one is excellent for those who want to [burn more calories and lose weight](#).

And the last one is suitable for those who train at home using their body weight only.

You can do one of the above depending on your need and fitness goal.

### Additional information about the program:

- **Rest Between Sets and Days:** The optimum rest period between the sets would be 2 to 3 minutes for those who want to gain strength and mass. And 45 to 90 seconds for those who want to burn more calories and increase weight loss.
- **Duration/Session:** Doing 45 to 60 minutes of compound movements a day would be enough to achieve handsome results.
- **Training Days:** Monday, Tuesday, Thursday & Friday

- **Suggested Program Duration:** 12-16 weeks
- **Target Gender:** Male and Female
- **Workout Difficulty:** Intermediate
- **Customization:** You can customize the program according to your fitness goal.

**Related Compound Exercise Routines:**

- [2 Day Split Compound Workout](#) (For Beginners)
- [3 Day Compound Workout Schedule](#) (For Beginners to intermediate)
- [5 Day Compound Split to Build Muscle](#) (For Advanced lifters)



## 4 Day Full Body Compound Workout Plan

The total body routine involves training of each muscle group in one session. It is a time-efficient workout program to target your entire body and achieves more results in less time.

It will help you increase muscular strength and endurance and take your fitness to the next level.

If this routine is challenging, you can follow the [upper lower workout split](#) (routine B) to train your upper and lower body on separate training days.

### Day 1 – Monday

Exercise	Muscles Worked	Reps
<a href="#">Barbell Back Squat</a>	Legs	15 x 3
<a href="#">Incline Dumbbell IYT Raises</a>	Back and Shoulder	10 x 3
Flat Bench Press	Chest and Shoulder	15 x 3
Chinups	Back and Biceps	10 x 3
Bent-over Row	Back	15 x 3

## Day 2 – Tuesday

Exercise	Muscles Build	Reps
Bar Dips	Chest and Triceps	10 x 3
Conventional Deadlift	Legs, Back, and Core	6 x 3
<a href="#">Weighted Pushup</a>	Chest and Triceps	10 x 3
<a href="#">Barbell Overhead Press</a>	Shoulder	12 x 3
<a href="#">Incline Dumbbell Plank Rowing</a>	Back and Core	10 x 3

## Day 3 – Thursday

Exercise	Muscles Build	Reps
Weighted Lunges	Thigh and Glutes	10 x 2
<a href="#">Close Grip Bench Press</a>	Triceps and Chest	15 x 3
<a href="#">Dumbbell Pullover</a>	Lats and Chest	12 x 3
<a href="#">Dumbbell Romanian Deadlift</a>	Posterior Chain	10 x 3
<a href="#">Hanging Knee Raise</a>	Core and Arms	10 x 3

## Day 4 – Friday

Exercise	Muscles Build	Reps
Leg Press	Legs	12 x 3
Incline Bench Press	Chest	12 x 3
<a href="#">Dumbbell Arnold Press</a>	Shoulder	10 x 3
Face Pull	Shoulder and Back	12 x 3
Chinups	Back and Biceps	10 x 3
Plank	Core	60-sec



# 4 Day Upper Lower Compound Workout

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- Day 1 – Upper Body (Chest, Shoulder, and Triceps)
- Day 2 – Lower Body (Quadriceps, Calves, and Core)
- Day 3 – Upper Body (Back, Shoulder, and Biceps)
- Day 4 – Lower Body (Hamstrings, Glutes, and Lower Back)

## Day 1 – Upper Body

Exercise	Muscles Build	Reps
Flat Bench Press	Chest	12 x 4
Incline Bench Press	Chest	12 x 3
Bar Dips	Chest and Triceps	10 x 3
Military Press	Shoulder	12 x 3
Triangle Pushup	Triceps and Chest	10 x 3

## Day 2 – Lower Body

Exercise	Targeted Muscles	Reps
Back Squat	Quadriceps	12 x 4
Front Lunges	Quadriceps	10 x 3
DB Step-up	Quadriceps	10 x 2
Barbell Jammer	Legs	10 x 3

## Day 3 – Upper Body

Exercise	Target Muscles	Reps
Conventional Deadlift	Back and Legs	5 x 5
Seated Rowing	Back and Biceps	12 x 4
Barbell Bent Over Row	Lats and Traps	12 x 3
Chinups	Biceps and Back	10 x 3
Cable Facepull	Shoulder and Back	12 x 3

## Day 4 – Lower Body

Exercise	Target Muscles	Reps
Curtsy Lunges	Lower Body	10 x 3
Barbell Romanian Deadlift	Hamstrings	6-8 x 4
Barbell Hip Thrust	Glutes	12 x 4
Single-leg Bridge	Ham and Glute	10 x 2



# 4 Day Compound Workout Routine for Weight Loss

- Day 1 – Endurance Workout
- Day 2 – Hypertrophy Workout
- Day 3 – Strength Workout
- Day 4 – Endurance Workout

## Day 1 – Endurance Workout

Perform as many rounds as possible in 45 minutes:

Exercise	Reps
<a href="#">Dumbbell Push Press</a>	10
<a href="#">Squat to Calf Raise</a>	10
Barbell Bent-over Row	10
Incline Bench Press	10
<a href="#">Forward Lunges with Rotation</a>	5/side

## Day 2 – Hypertrophy Workout

Exercise	Muscles Build	Reps
Conventional Deadlift	Integrate Full Body	8 x 4
Incline Dumbbell Bench Press	Back and Biceps	15 x 3
<a href="#">Deficit Pushups</a>	Chest	12 x 3
Seated Cable Rowing	Back	15 x 4
Dumbbell RDL	Hamstrings	8 x 3

## Day 3 – Strength Workout

Exercise	Muscles Build	Reps
Barbell Back Squat	Legs	5 x 5
Bench Press	Chest	5 x 5
Barbell Hip Thrust	Glute	5 x 5
Overhead Press	Shoulder	5 x 5
Barbell T Row	Back	5 x 5

## Day 4 – Endurance Workout

Perform as many rounds as possible in one hour.

Exercise	Reps
<a href="#">Barbell Jammer</a>	10
<a href="#">Kneeling DB Chop</a>	10/side
Incline Dumbbell Plank Row	10/side
Bodyweight Pushups	15
<a href="#">Dumbbell Surrenders</a>	10/side
Plank	45-sec



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# 4 Day Compound Workout Schedule at Home

In this 4-day compound home workout routine, you'll do bodyweight exercises.

## Day 1 – Monday

Exercise	Muscles Worked	Reps
Lunges	Legs	10 x 2
Squat	Legs	15 x 2
Glute Bridge	Glutes	10 x 2
Normal Push up	Chest and Triceps	10 x 2
Triangle Pushup	Triceps and Chest	10 x 2
<a href="#">Floor IYT Raises</a>	Back	8 x 2
Plank	Core	60-sec

## Day 2 – Tuesday

Exercise	Muscles Worked	Reps
Pike Pushup	Shoulder and Triceps	10 x 2
Shoulder Tap	Arms, Core & Shoulder	10 x 2
Burpee	Full Body	10 x 2

Pushup to Renegade Row	Chest and Back	10 x 2
Reverse Crunches	Core	10 x 2
Mountain Climbing	Core	10 x 2
Heel Touch Crunches	Core	10 x 2
Situp	Core	10 x 2

### Day 3 – Thursday

Exercise	Muscles Worked	Reps
Regular Squat	Legs	15 x 2
Sumo Squat	Legs	10 x 2
Regular Push up	Chest	15 x 2
<a href="#">Bench Dips</a>	Triceps	15 x 2
Inverted Row	Back	10 x 2
Glute Kickback	Glutes	10 x 2
Side Plank	Core	30-sec x 2
Sit-ups	Core	10 x 2

### Day 4 – Friday

Exercise	Muscles Worked	Reps
Incline Press-up	Chest	10 x 2
Triangle Push up	Triceps	10 x 2
Pike Pushups	Shoulder	10 x 2
Floor IYT Raises	Back	10 x 2
Inverted Row	Back	10 x 2
Leg Curl	Biceps	10 x 2
Mountain Climbing	Core	30-sec
Plank	Core	60-sec
Side Plank	Core	30-sec
V Ups	Core	30-sec



## Instructions and Tips to Follow This Program Effectively

### 1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

### 2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

### 3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.<sup>4</sup>

### 4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

## 5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

## 6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

## 7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

## 8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

## 9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

## Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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<a href="#">Redcon1 Total War Pre-Workout</a>	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

### Related Programs:

- [12-Week Progressive Overload Program](#)
- [12-Week Body Transformation Workout Plan](#)
- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Powerlifting Program with PDF](#)
- [12 Week Crossfit Program with Free PDF](#)

**I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.**

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