

4 Day Barbell and Dumbbell Home Workout Routine to Build Muscle

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Check out [article](#) for more info

Workout Plan Summary

Routine Type	Upper/Lower Split
Sessions/Week	Four
Duration/Session	45-60 Minutes
Program Goal	Build Muscle and Get Strong
Experience Require	Beginners to Intermediate
Target Gender	Male and Female
Additional Equipment Require	Weight Plates and Adjustable Bench
Recommended Program Duration	8 Weeks

Day 1 – Chest, Shoulder, and Triceps

Exercise	Muscles Worked	Reps x Sets	Rest
Flat Barbell Bench Press	Chest	8-12 x 4	1-2 min
Incline Dumbbell Bench Press	Chest	10 x 3	60-90 sec
Military Press	Front Delt	10 x 3	1-2 min
Dumbbell Front Raises	Front Delt	10 x 2	60-90 sec
Dumbbell Lateral Raises	Side Delt	10 x 3	1-2 min
Dumbbell French Press	Triceps	10 x 2	60-sec
Dumbbell Kickback	Triceps	10 x 2	60-sec

Day 2 – Quadriceps and Calves

Exercise	Muscles Worked	Reps x Sets	Rest
Barbell Back Squat	Quads	10-15 x 3	1-2 min
Dumbbell Lunges	Quads	10/leg x 3	1-2 min
Leg Extension	Quads	10-12 x 3	1-2 min
Bulgarian Split Squat	Quads	8/leg x 3	1-2 min
Single-leg Calf Raises	Calves	15/leg x 4	1-2 min

Day 3 – Back, Rear Delt, and Biceps

Exercise	Muscles Worked	Reps x Sets	Rest
Bent-Over Barbell Row	Back	10-12 x 3	1-2 min
Close Grip Landmine T-Row	Back	10-12 x 3	1-2 min
Single-arm Dumbbell Row	Back	10/arm x 3	1-2 min
Bent-over Rear Delt Raise	Rear Delt	10-12 x 4	1-2 min
Barbell Biceps Curl	Biceps	10-15 x 3	1-2 min
Concentration Curl	Biceps	10/arm x 3	1-2 min

Day 4 – Hamstrings, Glutes, and Core

Exercise	Muscles Worked	Reps x Sets	Rest
Romanian Deadlift	Hamstrings	6-8 x 3	1-2 min
Dumbbell Leg Curl	Hamstrings	8-10 x 3	1-2 min
Hip Thrust/Frog Pump	Glute	8-10 x 3	1-2 min
Dumbbell Donkey Kick	Glute	10/side x 3	30-45 sec
Plank Dumbbell Drag	Core	10/side x 3	30-45 sec
Dumbbell Crunches	Core	10-12 x 2	30-60 sec
Dumbbell Wood Chop	Core	10/side x 2	30-60 sec

Helpful Resources:

1. [The 10 Best Dumbbell Exercises For Shoulder](#)
2. [16 Best Dumbbell Squat Variations to Elevate Your Fitness](#)
3. [80 Best Free Weight Exercises to Build Muscles w/PDF](#)
4. [Ultimate List of Dumbbell Exercises](#)
5. [70 Barbell Exercises List By Muscle Group](#)

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