

4 Day Full Body Workout Plan to Gain Mass & Lose Weight

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Total body training involves performing at least one exercise for every muscle group in each session, whereas a split routine involves dividing muscle groups into multiple sessions.

A total-body workout plan helps target muscles multiple times over three to four days, making it a time-efficient training program.

I highly suggest doing a total-body routine for a few months for those who are not seeing gains or want to follow a different training program.

4 Day Full Body Workout Routine to Gain Mass

This 4-day total body training program consists of two sessions each for hypertrophy and strength.

Hypertrophy training involves performing 10 to 20 reps per set with 30 to 90 seconds of rest between sets.

Strength training focuses on lifting heavy and performing 4-8 reps per set with 2-5 minutes of rest between sets.

The combination of heavy and moderate lifts stimulates [mechanical and metabolic overload](#), developing strength and mass.

Here's a weekly workout schedule:

- Monday – Hypertrophy Workout
- Tuesday – Strength Workout
- Wednesday – OFF
- Thursday – Hypertrophy Workout

- Friday – OFF
- Saturday – Strength Workout
- Sunday – OFF

I recommend following this full-body warm-up before you lift heavy:

- Front Leg Swings: 2 sets x 10 swings per leg
- Jumping Jacks: 2 sets x 15 seconds
- Mountain Climber: 2 sets x 15 seconds
- Banded Pull Apart: 2 sets x 10 reps
- [Shoulder Pass-Through](#): 2 sets x 10 reps
- [Banded Deadlift](#): 2 sets x 10 reps

Day 1 – Hypertrophy Workout

Workout	Sets x Reps	Muscle
Seated Pec Deck Fly	3 x 12-15	Chest
Cable Triceps Pushdown	3 x 10-12	Triceps
Dumbbell Lateral Raises	3 x 10-12	Shoulder
Seated Cable Rowing	3 x 12-15	Back
EZ Bar Biceps Curl	3 x 10-12	Biceps
Machine Leg Press	3 x 12-15	Quads
Lying Leg Curl	3 x 12-15	Hamstrings

Day 2 – Strength Workout

Workout	Sets x Reps	Muscle
Back Squat	5 x 5	Legs
Bench Press	5 x 5	Chest
Overhead Press	5 x 5	Delts
Bent-over Row	5 x 5	Back
Hip Thrust	5 x 5	Glute

Day 3 – Hypertrophy Workout

Workout	Sets x Reps	Muscle
Pull-ups	3 x 6-12	Back & Biceps
Bar Dips	3 x 10-20	Chest & Tris
Lat Pull Down	3 x 12-15	Back
Bent-arm Lateral Raiaes	3 x 10-12	Rear Delt
High-to-Low Cable Fly	3 x 12-15	Chest
Leg Extension	3 x 15-20	Quads
Calf Raises	3 x 20-25	Calves

Day 4 – Strength Workout

Workout	Sets x Reps	Muscle
Standard Deadlift	5 x 5	Full Body
Incline Bench Press	5 x 5	Chest
Barbell Lunges	5 x 5	Legs
Close Grip T-Bar Row	5 x 5	Back
Shoulder Shrugs	5 x 5	Trapezius

4-Day Total Body Workout Split for Weight Loss

This 4-day total body workout routine comprises two sessions for muscle-building and one each for **strength and endurance**.

Combining strength, endurance, and hypertrophy workouts will torch many calories, bolster muscles and joints, increase lean mass, and decrease fat percentage.

Pairing this workout with a **calorie-restricted diet plan** will accelerate your fat loss and help you improve your body composition over time.^{4, 5}

Weekly Schedule:

- Monday – Muscle-building Workout
- Tuesday – Endurance Training
- Wednesday – OFF
- Thursday – Strength Training

- Friday – [Zone2 Cardio](#) (Optional)
- Saturday – Muscle-building Workout
- Sunday – OFF

Keep interval time as short as possible between sets during the endurance workout.

Day 1 – Muscle-Building Workout

Workout	Sets x Reps	Muscle
Treadmill Run	10-minute	Full Body
Incline Machine Bench press	3 x 10-15	Chest
Walking Dumbbell Lunges	3 x 10/leg	Legs
Seated Cable Rowing	3 x 10-15	Back
Single-arm Lateral Raises	3 x 10/arm	Shoulder
Barbell Curl	3 x 12-15	Biceps
Triceps Press Down	3 x 12-15	Triceps

Day 2 – Endurance Training

Workout	Sets x Reps	Muscle
Russian KB Swing	3 x 20	Full body
Burpees	4 x 5	Full body
Dumbbell Thruster	3 x 10	Leg & Delts
Half Kneeling DB Chop	3 x 10/side	Obliques
Plank Drag	3 x 10/side	Abdominals
Dumbbell Clean	3 x 10	Full body
Squat Jacks	3 x 10	Legs
Treadmill	10-minute	Full body

Day 3 – Strength Training

Workout	Sets x Reps	Muscle
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Back Squat	5 x 5	Legs
Bench Press	5 x 5	Chest
Overhead Press	5 x 5	Delts
Bent-over Row	5 x 5	Back
Rack Pull	5 x 5	Legs

Day 4 – Muscle-Building Workout

Workout	Sets x Reps	Muscle
Lat Pull Down	3 x 12-15	Back
Machine Leg Press	3 x 15-20	Quads
Machine Leg Curl	3 x 15-20	Hams
Pec Deck Fly	3 x 15-20	Chest
Seated FDL Raises	3 x 6-8	Shoulder
Single-arm DB Row	3 x 10/side	Back
Step-up	3 x 10/leg	Legs

This program is free to download without even submitting your email.

Eating nutritious meals and following this total body workout plan for a few months will surely help you take your fitness to the next level.

But make sure to constantly challenge your muscles to work hard during each week to utilize this routine effectively.