

# 4 Day Full Body Workout for Weight Loss

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If you want to speed up weight loss, you can do a 4-day **total body cardio and strength training** exercises.

Combining a calorie-restricted diet with **HIIT** and resistance training will help you accelerate your weight loss, build strength and muscles, and improve overall body composition.

Here's the summary of the routine:

- Keep interval time as short as possible between sets and exercises.
- You can work out any four days of the week, such as Monday, Tuesday, Thursday, and Friday.

You may also like: [1 Hour Gym Workout To Lose Weight](#)

## Day 1

Workout	Sets x Reps	Targeted Muscle
Treadmill Run	10-minutes	Full Body
Bench press	4 x 8-12 RM	Chest
Dumbbell Lunges	4 x 8-12 RM	Shoulder
DB Overhead Press	4 x 8-12 RM	Back
Seated rowing	4 x 10-15 RM	Quads
<a href="#">Core Workout (10-min)</a>	—	<b>Abs and Oblique</b>

## Day 2

<b>Workout</b>	<b>Sets x Reps</b>	<b>Targeted Muscle</b>
<a href="#">15-min Circuit Workout</a>	–	Full body
Machine Leg Press	3 x 8-12 RM	Hamstrings
Lat Pulldown	4 x 8-12 RM	Back
Incline DB Bench Press	4 x 8-12 RM	Chest
Dumbbell Lateral Raise	4 x 8-12 RM	Shoulder
5-10 min Bicycling	–	–

## Day 3

<b>Workout</b>	<b>Sets x Reps</b>	<b>Muscle Worked</b>
<a href="#">Treadmill Run (10-20 min)</a>	–	Full body
Barbell Overhead Press	4 x 8-12 RM	Shoulder
Pec Dec Fly	4 x 8-12 RM	Chest
Barbell Bent-over Rowing	4 x 8-12 RM	Back
Barbell Upright Row	3 x 8-10 RM	Shoulder & Back
HIIT Core Workout (15-min)	–	Core

## Day 4

<b>Workout</b>	<b>Sets x Reps</b>	<b>Muscle Worked</b>
<a href="#">15-min Full Body HIIT</a>	–	Total Body
Conventional Deadlift	4, 3, 2, 1 reps	Legs, Back
Dumbbell Reverse Lunge	4 x 8-12 RM	Legs
Incline Barbell Bench Press	4 x 8-12 RM	Chest
Face Pull	3 x 8-12 RM	Back & Shoulder
Treadmill Run	10-min	Full Body

# Can You Lose Weight Doing Full Body Workouts 4 Days A Week?

Combining resistance training, cardio, and a restricted diet will help you reduce body fat percentage while increasing lean mass.

A study suggests that one must work out 225 to 420 minutes a week to increase weight loss.<sup>5</sup> And if you work out 90 minutes a day for 4 days, that will be 360 minutes a week, and it would be suitable for speeding up weight loss.

So, if you stay in calorie deficit seven days a week and do cardio and weight training (four times a week), you'll lose not only weight but also increase lean muscle, strength, and body shape over time.

Related: [3 Day Workout Routine For Weight Loss With PDF](#)



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- [Circuit Workout At Home With No Equipment \(PDF\)](#)
- [Gym Workout Plan For Women And Men With PDF](#)
- [4 Week Workout Plan For Weight Loss \(With PDF\)](#)

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- [Inno Supps Night Shred - Night Time Fat Burner and Natural Sleep Support - Appetite Suppressant and Weight Loss Support \(60 Vegetarian Capsules\)](#)

- [The Plant Paradox Quick and Easy: The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free](#) - by Harper Wave
- [Night Time Fat Burner - Metabolism Support, Appetite Suppressant and Weight Loss Diet Pills for Men and Women - 60 Capsules.](#) - by Envy Nutrition

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