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# 4 DAY BODYWEIGHT WORKOUT ROUTINE TO BUILD MUSCLE AT HOME

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Check out [article](#) for more info

This program includes both aerobic and muscle-building exercises and will help you improve your cardiovascular health, increase strength, balance, and flexibility, and shape your physique.

## Schedule:

- Day 1 (Monday) – Chest, Quads, Arms, and Core
- Day 2 (Tuesday) – Back, Shoulders, Hamstrings, & Glutes
- Day 3 (Thursday) – Chest, Quads, Arms, and Core
- Day 4 (Friday) – Back, Shoulders, Hams, & Glutes

## Day 1 – Chest, Quads, Arms, and Core

Repeat warm-up exercises twice and the main workout three times.

Warm-up	Main Workout
15-sec Ankle Hops	20 Standard Squats
15-sec Jumping Jacks	10 Push-ups (on knees/toes)
15-sec Mountain Climber	10 Front Lunges/leg
15-sec Flutter Kicks	10 <a href="#">Decline Pushups</a>
15-sec High Knees	10 Bench Dips

The warm-up exercises mentioned here will engage your abdominal muscles and bolster your core.

## Day 2 – Back, Shoulders, Hamstrings, and Glutes

Perform two rounds of warm-up exercises and three rounds of the main workout.

Warm-up	Main Workout
Squat Jump	<a href="#">Floor IYT Raises</a>
Shoulder Tap	Pike Pushups
Jumping Lunges	<a href="#">Superman Pull</a>

<a href="#">Bear Crawl</a>	Lying Leg Curl
Ankle Hops	<a href="#">Lateral Raise</a>
Mountain Climber	Glute Bridge

## Day 3 – Chest, Quads, Arms, and Core

Perform two sets of warm-up exercises and three sets of the main workout.

Warm-up	Main Workout
Ankle Hops	Pop Squat
Alternate Heel Tap	<a href="#">Dive Bomber Pushup</a>
Mountain Climber	<a href="#">Cursty Lunges</a>
High Knees	<a href="#">Archer Push-up</a>
Flutter Kicks	Sumo Squat
<a href="#">Knee Tap Push-Up</a>	<a href="#">Triceps Extension</a>

## Day 4 – Back, Shoulder, Hams, and Glutes

Repeat warm-up exercises twice and the main workout three times.

Warm-up	Main Workout
Inchworm	<a href="#">Back and Forth Lunges</a>
Shoulder Tap	Superman Pull
Jumping Jacks	Isometric <a href="#">Bent Over Row</a>
Bear Crawl	Single-leg Glute Kickback
Burpees	<a href="#">Single-Leg Hamstring Bridges</a>
Mountain Climber	<a href="#">Bodyweight Rear Delt Raise</a>

## The Bottom Line

Not everyone has time to go to the gym or equipment to train at home, and for those, bodyweight exercises are the most suitable way to improve or maintain fitness.

You can do bodyweight exercises to get in shape, strengthen and build muscles, or maintain your fitness.

You can use the above 4 day bodyweight workout routine to level up your fitness.

But make to follow that program for a couple of months to see the results.

You can also make desired changes in the routine to make it fit for you. Here's a list of various bodyweight exercises.

You should also gradually increase the reps and sets to push your muscles for growth.

And don't forget to sideline your diet. Include [high-protein foods](#) for muscle growth and [low-calorie foods](#) for weight loss.

## HELPFUL RESOURCES

- [Top 5 Rear Delt Bodyweight Exercises](#)
- [13 Best Bodyweight Push Exercises To Build Muscles](#)
- [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
- [5 Best Bodyweight Lat Exercises at Home](#)
- [13 Best Knee Push-ups Variations for Beginners](#)
- [8 Best Bodyweight Hamstring Exercises](#)
- [The 20 Best Bodyweight Exercises for Arms](#)
- [13 Best Bodyweight Exercises for Back](#)
- [Bodyweight Exercises for Shoulder](#)

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