

Best 4 Day Superset Workout Plan to Build Muscle & Sculpt Your Body

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Full URL: <https://thefitnessphantom.com/4-day-superset-workout-plan>

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If you want to train more muscles in less time safely and efficiently, you need a well-organized superset workout plan.

The superset method involves performing two exercises sequentially with little to no rest in between. The exercises target the two different muscle groups, generally agonist and antagonist or upper and lower body parts.

It is a time-efficient, intense, and effective training strategy to build muscle, improve endurance, and sculpt your body.^{1, 2}

In this article, I'll share my 4-day superset workout plan that involves exercises for every body part, from the back, arms, and legs to the shoulder, abs, and chest, and helps you build strength, endurance, and muscle mass over time.

Workout Program Summary

Training Approach	Superset
Split Type	Hybrid Split
Sessions/Week	4 (Mon, Tue, Thu, & Fri)
Duration/Session	75-90 minutes
Routine Goal	Sculpt Body
Experience Required	Intermediate
Target Gender	Male & Female
Target Age Group	16-35 years
Recommended Duration	3 months

This program involves training the **chest, quads, and abs** in the first session, **back, calves, and triceps** in the second session, **shoulder and hamstring** in the third session, and **quads, biceps, and abs** in the final session.

- **Monday:** Chest, Quads, and Abs
- **Tuesday:** Back, Calves, and Triceps
- **Wednesday:** OFF
- **Thursday:** Shoulder and Hamstrings
- **Friday:** Quads, Biceps, and Abs
- **Saturday:** OFF
- **Sunday:** OFF

This split allows you to train your entire body effectively within four sessions and help you [build a muscular body](#).

Day 1 – Chest, Quads, and Abs

Exercises	Muscle	Sets	Reps
1A Leg Extension	Quads	3	15-20
1B Incline Bench Press	Chest	3	12-15

2A Leg Press	Quads	3	12-15
2B Flat DB Bench Press	Chest	3	10-12
3A Hanging Knee to Chest	Abs	3	10-15
3B Seated Pec Fly	Chest	3	12-15
4A Cable Crunches	Abs	3	15-20
4B Bent Over Cable Fly	Chest	3	12-15

Day 2 – Back, Calves, and Triceps

Exercises	Muscle	Sets	Reps
1A Pull-ups	Back	3	6-12
1B Bar Dips	Triceps	3	12-15
2A Prone Grip Lat Pulldown	Back	3	12-15
2B Cable Pushdown	Triceps	3	15-20
3A Single-arm Overhead Extension	Triceps	3	12-15
3B Lat Pulldown (Neutral Grip)	Back	3	10/side
4A Seated Cable/Machine Row	Back	4	10-12
4B Standing Calf Raises	Calves	4	15-20

Day 3 – Shoulder and Hamstrings

Exercises	Muscle	Sets	Reps
1A Smith Machine Overhead Press	Shoulder	3	8-12
1B Seated Leg Curls	Hamstring	3	15-20
2A Single-arm Cable Side Raises	Shoulder	3	12/side
2B Dumbbell Romanian Deadlift	Hamstring	3	8-10
3A Reverse Pec Deck Fly	Shoulder	3	12-15
3B Lying Leg Curls	Hamstring	3	15-20
4A Front Barbell Shrug	Shoulder	3	10-12
4B Single-leg Elevated Glute Bridge	Hamstring	3	10/side

Day 4 – Quads, Biceps, and Abs

Exercises	Muscle	Sets	Reps
1A Back Squat	Quads	3	10-12
1B Chin-ups	Biceps	3	15-20
2A DB Lunges	Quads	3	12/side
2B Barbell Curls	Biceps	3	8-10
3A Leg Raises to Hip Lift	Abs	3	12-15

3B DB Concentration Curls	Biceps	3	15-20
4A High to Low Cable Chop	Abs	3	10-12
4B Reverse Curls	Forearms	3	10/side

Pros and Cons of Superset Training

Benefits:

- Superset training saves your time because it allows you to perform two different back-to-back exercises with little to no rest, allowing you to complete more exercises in less time.
- Performing back-to-back exercises boosts your endurance while building muscle mass.
- It increases metabolic profile in young active men and women.³
- The supersetting strategy burns higher calories than traditional training and improves cardiovascular fitness.

Disadvantages:

- The superset isn't suitable for beginners as it is intense, challenging, and makes you exhausted quickly.
- It is also not very effective for building strength. Because building strength requires longer rest periods between sets to fully recover before the next heavy lift.
- Superset training involves a little rest time which physiologically can give you a sense of urgency and prevent you from giving your full effort.

Frequently Asked Questions (FAQs)

Are Supersets Good for Building Muscle?

Like traditional resistance training, the superset also builds muscles and strength. Additionally, it burns more calories, enhances endurance, and helps you lose fat. However, the superset is an advanced form of training, and it can exhaust you in a short time.

Should Beginners Do Supersets?

The superset training is intense and requires decent endurance to perform exercises. So, it will be challenging for beginners. However, you can try it after a couple of months of regular training.

How Often Should You Superset?

Doing the superset exercises three to four times a week is enough to get efficient results. However, you can increase your frequency to 5 days a week depending on your fitness levels, but make sure you give your trained muscles 48–72 hours of recovery time. [How long does muscle recovery take?](#)
– Healthline

Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)
6. [20 Best Dynamic Warm-Up Exercises](#)
7. [The Ultimate List of Functional Exercises](#)

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