

4 DAY WORKOUT ROUTINE FOR WOMEN

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Check out [article](#) for more info

About Program

Program Duration: You should try this program for at least two months to see some noticeable changes.

Workout Goal: I've shared two routines in this article, one for strength and muscle building and the other is for lowering body fats, increasing lean mass, and bolstering muscles.

Sessions/week: Four

Difficulty Level: Beginner to Intermediate Level

Suitable Age Group: 16-35

Alternate Home Workout Program: [12-Week Home Workout Plan for Females](#)

4 Day Women's Workout Routine for Strength and Mass

If you're lean and want to [grow your strength and muscle](#), this four-day routine can help you achieve your fitness goal.

It involves training two muscles daily, allowing you to focus on every muscle group throughout the body within a week.

Schedule

- **Monday** – Chest and Shoulder
- **Tuesday** – Quadriceps and Arms
- **Wednesday** – OFF
- **Thursday** – Back and Hamstrings
- **Friday** – Glutes, Core, and Calves
- **Saturday** – Cardio (Optional)
- **Sunday** – OFF

Instructions

- **Warm-up:** Start your workout with 5 minutes of quick warm-up. You can do lightweight resistance or **bodyweight cardio exercises** to increase your heart rate and prepare your muscles for weighted exercises.
- **Rest between sets:** If your goal is to increase strength, take 3 minutes of rest, 2 minutes for hypertrophy, and less than one minute for endurance and calorie burning.
- **Loading per set:** Increase weight when you lower the number of reps.

Day 1 – Chest and Shoulder

Exercise	Sets	Reps
Incline Machine Bench Press	3	15, 12, 10
Flat Dumbbell Bench Press	3	15, 12, 10
Seated Pec Deck Fly	3	20, 15, 12
Overhead Press	3	15, 12, 10
Cable Lateral Raises	3	10/arm
Reverse Machine Fly	3	15, 12, 10

Day 2 – Quadriceps and Arms

Superset	Sets	Reps
Dumbbell Squat + Rope Pushdown	3	15, 12, 10
Leg Press + Overhead Triceps Extension	3	15, 12, 10
Front Lunges + Preacher/Concentration Curl	3	12, 10, 8
Step-up + Hammer Curl	3	12, 10, 8

Day 3 – Back and Hamstrings

Exercise	Sets	Reps
Lat Pulldown (Medium Grip)	2	12-15

Lat Pulldown (Close Grip)	2	12-15
Seated Cable Row	3	20, 15, 12
One-arm DB Row	3	10/side
Machine Leg Curl	3	20, 15, 12
DB Romanian Deadlift	3	12, 10, 8

Day 4 – Glutes, Core, and Calves

Exercise	Sets	Reps
Cable Pull Through	4	12-15
Barbell Hip Thrust	2	12-15
Glute Kickback	3	20, 15, 12
Machine Ab Crunches	3	10/side
Reverse Crunches	3	20, 15, 12
High-to-Low Cable Chop	3	12, 10, 8

4 Day Workout Split for Women to Burn Fat and Tone Muscle

If you're slightly overweight and looking to get into shape, you can try this women's 4 day split workout routine.

This plan involves performing both resistance and cardio exercises and will help you increase lean mass and lower body fat.

Schedule

- **Monday** – Upper Body and Cardio
- **Tuesday** – Lower Body and Abs
- **Wednesday** – Rest
- **Thursday** – Upper Body and Cardio
- **Friday** – Lower Body and Abs
- **Saturday** – Rest
- **Sunday** – Rest

Instructions

- **Warm-up:** Perform aerobic exercises like jumping jacks, mountain climbing, bear crawling, and high knees and a warm-up set to increase your body temperature before going intense.
- **Rest between sets:** Keep the rest time as short as possible.
- **Adjustment:** You can make as many changes to this program as needed.

Day 1 – Upper Body and Cardio

Exercise	Target Muscle	Sets	Reps
Incline Machine Bench Press	Chest	3	12-15
Seated Pec Deck Fly	Chest	3	12-15
Cable Lateral Raises	Shoulder	3	10/side
Reverse Flyes	Shoulder	3	10-12
Rope Pushdown	Triceps	2	12-15
Bench Dips	Triceps	2	12-15
Treadmill	Full Body	1	10-min
Elliptical Machine	Full Body	1	5-min
Bicycling	Full Body	1	5-min

Day 2 – Lower Body and Abs

Exercise	Target Muscle	Sets	Reps
Dumbbell Lunges	Quad	3	12-15
Leg Press	Quad	3	12-15
Leg Extension	Quad	3	10/side
Leg Curl	Hamstring	3	10-12
Hip Thrust	Glute	2	12-15
High to Low Cable Chop	Oblique	3	10/side
Ab Machine Crunches	Upper Abs	3	20
Hanging Knee Raises	Lower Abs	3	10

Day 3 – Upper Body and Cardio

Exercise	Target Muscle	Sets	Reps
Front Lat Pull Down	Back	3	20, 15, 12
Seated Cable Row	Back	3	20, 15, 12

Chest-Supported Row	Back	3	20, 15, 12
Overhead Press	Shoulder	3	20, 15, 12
Preacher/Concentration Curl	Biceps	3	12-15
Treadmill	Full Body	1	10-min
Elliptical Machine	Full Body	1	5-min
Bicycling	Full Body	1	5-min

Day 4 – Lower Body and Abs

Exercise	Target Muscle	Sets	Reps
Dumbbell Squat	Quad	3	12-15
Hack Squat	Quad	3	12-15
DB Romanian Deadlift	Hamstring	3	10-12
Forward Leaning Step-up	Lower Body	3	10/side
Prone Frog Curl	Glute	2	12-15
High to Low Cable Chop	Oblique	3	10/side
Ab Machine Crunches	Upper Abs	3	20
Hanging Knee Raises	Lower Abs	3	10

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal

5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)

- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

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