

4-Week Muscle-Building Workout Routine Inspired by Flex Wheeler

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Check out [article](#) for more info

Kenneth Flex Wheeler is a popular and inspirational name in the bodybuilding community.

He is a retired professional bodybuilder and one of the rivals of **Dorian Yates** and **Ronnie Coleman**.

He won the Arnold Classic four times between 1993 and 2000 and earned 2nd place at Mr. Olympia competition three times in 10 years.

Flex Wheeler is considered one of the best bodybuilders of all time despite not winning Mr. Olympia.

His impressive, giant, and proportional physique inspires millions around the world, and many of them even want to try his workout plan.

Wheeler's actual workout split isn't publicly accessible, but his various workout videos are available on the web.

So, I've decided to compile all his workout videos and design an ultimate mass-building training plan.

If you want to follow a lookalike Flex Wheeler workout routine, I recommend reading below.

This program involves [training five times weekly](#), a simple yet effective bodybuilding split that you need to grow your mass and shape your physique.

Here's how a Wheeler's training split may look:

- Monday – Chest
- Tuesday – Back
- Wednesday – Legs
- Thursday – OFF
- Friday – Shoulders
- Saturday – Arms
- Sunday – OFF

This program combines [isolation and compound exercises](#), focuses equally on every muscle group, and can help you build muscle, strength, and an aesthetic physique over time.

The Fitness Phantom Tips before starting this program:

- You can make some changes according to your needs.
- Do some [dynamic warm-up exercises](#) and lightweight sets before starting the main workout.
- Try to constantly challenge your muscles by [increasing load over time](#) but without compromising form.
- Use supportive equipment, such as powerlifting belt, wrist braces, and knee compressor, particularly when you lift heavy for safe and efficient workout.

Week 1

Monday – Chest

Exercise	Sets	Reps
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Incline Barbell Bench Press	3-4	6-12
Incline Dumbbell Bench Press	3-4	6-12
Flat Barbell Bench Press	3-4	6-12
Seated Pec Deck Fly	4-5	10-12
Seated Bench Press Machine	3-4	10-12

Tuesday – Back

Exercise	Sets	Reps
Close Neutral Grip Lat Pull Down	5-6	10-15
Close Neutral Grip T-Bar Row	5-6	10-15
Smith Machine Deadlift	5-6	10-15

Wednesday – Legs

Exercise	Sets	Reps
Single-leg Extension	3-4	15/leg
Vertical Leg Press	3-4	10-12
Angled Leg Press	3-4	10-12
Single-leg Angled Leg Press	1-2	12/leg
Reverse Hack Squat	3-4	10-15
Lying Leg Curls	3-4	12-15
Single Leg Curl	2-3	15/leg
Stiffed Leg Deadlift	2-3	10-12

Thursday – OFF

Let your muscles recover and get ready for the next sessions.

Friday – Shoulders

Exercise	Sets	Reps
Seated Machine Shoulder Press	3-4	12-15
Dumbbell Lateral Raises	3-4	12-15
Barbell Upright Row	3-4	12-15
Reverse Pec Deck Fly	3-4	12-15

Saturday – Arms

Superset	Sets	Reps
Triceps Bar Press Down + Single-arm Nautilus Curl	3-4	12-15
Machine Dips + Single-arm Nautilus Curl	3-4	12-15
Single-arm Overhead Triceps Extension (High to Low)	3-4	12-15
Dumbbell Concentration Curl	3-4	12-15

Week 2

Monday – Chest

Exercise	Sets	Reps
Incline Barbell Bench Press	4-5	8-12
Flat Dumbbell Bench Press	4-5	8-12
High to Low Cable Fly	4-5	10-12
Flat Machine Chest Press	3-4	8-12
Incline Hammer Chest Press	3-4	8-12

Tuesday – Back

Exercise	Sets	Reps
Pull-ups	4-5	6-12
T-Bar Row	4-5	10-15
Seated Cable Row	4-5	10-15
Lat Pulldown w/ D-handles	4-5	10-12

Wednesday – Legs

Exercise	Sets	Reps
Single-leg Extension	3-4	15/leg
Vertical Leg Press	3-4	10-12
Angled Leg Press	3-4	10-12
Standing Machine Hack Squat	1-2	12/leg
Lying Leg Curls	3-4	10-15
Single Leg Curl	2-3	15/leg
Barbell Lunges	2-3	10-12

Friday – Shoulders

Exercise	Sets	Reps
Chest Supported Standing DB Lateral Raises	3-4	10-12
Barbell Upright Row	3-4	10-12
Chest Supported 75-degree DB Front Raises	3-4	10-12
Smith Machine Front Overhead Press	3-4	10-12
Reverse Pec Deck Fly	3-4	10-12
Standing Machine/DB Shoulder Shrug	3-4	10-12

Saturday – Arms

Superset	Sets	Reps
Machine Dips + Single-arm Nautilus Curl	3-4	12-15
Alternating DB Curl + French Press	3-4	12-15
Preacher Machine Curl + One-arm Extension (High to Low)	3-4	12-15

Week 3

Monday – Chest

Exercise	Sets	Reps
Incline Barbell Bench Press	4-5	6-12
Incline Dumbbell Bench Press	4-5	6-12
Flat Barbell Bench Press	3-4	10-12
Seated Pec Deck Fly	3-4	10-12
Seated Machine Press	3-4	10-12

Tuesday – Back

Exercise	Sets	Reps
Close Neutral Grip Lat Pull Down	4-6	10-15
Close Neutral Grip T-Bar Row	4-6	10-15
Smith Machine Deadlift	4-6	10-15
Single-arm Dumbbell Row	3-4	10/side

Wednesday – Legs

Exercise	Sets	Reps
Single-leg Extension	3-4	15/leg
Vertical Leg Press	3-4	10-12
Angled Leg Press	3-4	10-12
Standing Machine Hack Squat	1-2	12/leg
Lying Leg Curls	3-4	10-15
Single Leg Curl	2-3	15/leg
Barbell Lunges	2-3	10-12

Friday – Shoulders

Exercise	Sets	Reps
Seated Machine Shoulder Press	3-4	12-15
Dumbbell Lateral Raises	3-4	12-15
Upright Row	3-4	12-15
Reverse Pec Deck Fly	3-4	12-15
Dumbbell Shrugs	3-4	12-15

Saturday – Arms

Superset	Sets	Reps
Barbell Curls	3-4	12-15
Single-arm DB Preacher Curl	3-4	12-15
Seated Concentration Curl	3-4	12-15
Triceps Press Down	3-4	12-15
Triceps Rope Push Down	3-4	12-15

Week 4

Monday – Chest

Exercise	Sets	Reps
Incline Barbell Bench Press	3-4	8-12
Flat Dumbbell Bench Press	3-4	8-12
Flat Machine Chest Press	3-4	8-12

Incline Hammer Chest Press	3-4	8-12
Incline Dumbbell Flyes	3-4	8-12

Tuesday – Back

Exercise	Sets	Reps
Pull-ups	4-5	6-12
T-Bar Row	4-5	10-15
Seated Machine Row	4-5	10-15
Standing Cable Lat Pullover	4-5	10-12
Chest-Supported Dumbbell Row		

Wednesday – Legs

Exercise	Sets	Reps
Single-leg Extension	3-4	15/leg
Vertical Leg Press	3-4	10-12
Angled Leg Press	3-4	10-12
Standing Machine Hack Squat	1-2	12/leg
Lying Leg Curls	3-4	10-15
Single Leg Curl	2-3	15/leg
Barbell Lunges	2-3	10-12

Friday – Shoulders

Exercise	Sets	Reps
Chest Supported Standing DB Lateral Raises	3-4	10-12
Barbell Upright Row	3-4	10-12
Chest Supported 75-degree DB Front Raises	3-4	10-12
Smith Machine Front Overhead Press	3-4	10-12
Reverse Pec Deck Fly	3-4	10-12
Standing Machine/DB Shoulder Shrug	3-4	10-12

Saturday – Arms

Superset	Sets	Reps
Machine Dips + Single-arm Nautilus Curl	3-4	12-15
Alternating DB Curl + One-arm Crossover Cable Extension	3-4	12-15

Incline Dumbbell Curls + One-arm Forward Triceps Extension	3-4	12-15
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Related Popular Bodybuilders Workout Routines:

- [30-Day Kevin Levrone Workout Routine for Mass Gain](#)
- [12-Week Lou Ferrigno Workout Plan](#)
- [100-Day Mike Mentzer Workout Routine to Get Jacked](#)