

4-Week Muscle Gain Workout to Build a Jacked Body

Created by: [Murshid Akram](#)

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Program Summary

Whether you've recently decided to get fit or working out for a while, this muscle-building workout plan will allow you to train in an organized way and help you build a jacked body.

Duration	4 Weeks
Split Type	Hybrid Split
Program Goal	Muscle Building
Training Type	Resistance Workout
Difficulty Level	Beginner to Intermediate
Target Gender	Male and Female
Sessions/Week	5 Days
Duration/Session	60-75 minutes

Workout Description

This program is based on a hybrid split (training the upper and lower body muscle groups in each session).

Here's the weekly schedule you'll follow in this routine:

- **Day 1:** Chest, Triceps, and Quads
- **Day 2:** Back, Biceps, and Calves
- **Day 3:** Shoulders, Abs, and Hamstrings
- **Day 4:** OFF
- **Day 5:** Chest, Quads, and Calves
- **Day 6:** Back, Shoulder, and Abs
- **Day 7:** OFF

This split ensures you train your large muscle groups (such as chest, back, and quads) twice and your small muscles (biceps and triceps) at least once every week.

This training plan also involves supersets, drop-sets, and rest-pause reps. These techniques will help you train your muscles in a time-efficient and effective way.

Week 1

Day 1: Chest, Triceps, and Quads

Exercise	Sets	Reps
1A Incline Machine Chest Press	4	12-15
1B Leg Extension	4	15-20
Flat Dumbbell Bench Press	4	8-12
3A Leg Machine Press	4	12-15
3B Seated Pec Deck Fly	4	10-12
4A Hack Squat	3	10-12
4B Triceps Pressdown	3	15-20

Day 2: Back, Biceps, and Calves

Exercise	Sets	Reps
Pull-ups (warm-up)	4	4-10
Lat Pulldown (Prone Grip)	4	10-12
Bent-over Barbell Row	4	8-10
Single-arm Cable Row	4	6-8/side
5A Standing Calf Raises	3	15-20
5B Straight Bar Curl	3	10-15
6A Seated Calf Raises	3	15-20
6B EZ Bar Preacher Curl	3	10-15

Day 3: Shoulders, Abs, and Hamstrings

Exercise	Sets	Reps
Seated Overhead Dumbbell Press	4	10-12
Single-arm Cable Lateral Raises	4	10/side
Reverse Pec Deck Fly	4	12-15
4A Dumbbell Romanian Deadlift	4	8-10

4B Hanging Legs/Knee Raises	4	10-20
5A Seated Leg Curl	4	15-20
5B Half Kneeling Cable Crunches	4	15-20

Day 5: Chest, Quads, and Calves

Exercise	Sets	Reps
Back Squat	5	8-10
Stationary Front Lunges	3	10/leg
Flat Bench Press	4	8-10
Bent-over Cable Fly	4	10-12
Standing Calf Raises	3	10-12

Day 6: Back, Shoulder, and Abs

Exercise	Sets	Reps
Chin-ups	3	6-12
Military Press	4	8-10
Close Grip Pulldown	4	8-10
One-arm DB Row	4	6-8/side
Chest Supported Row (Prone Grip)	3	10-12
Cable Crunches + Knee/Leg Raises	3	10-15
High to Low Cable Chop	3	10/side

Week 2

Day 1: Chest, Triceps, and Quads

Exercise	Sets	Reps
1A Incline Chest Press	4	12-15
1B Leg Extension	4	15-20
2A Seated Pec Deck Fly	4	10-15
2B Reverse Hack Squat	4	12-15
3B Incline Cable Fly	3	10-12
3B Skull Crushers	3	10-12
Crossbody Triceps Extension	3	15/side

Day 2: Back, Biceps, and Calves

Exercise	Sets	Reps
Pull-ups (warm-up)	4	4-10
Cable Lat Pullover	4	10-12
Barbell T-Row (Prone Grip)	4	8-10
Seated Cable Row	4	6-8/side
5A Donkey Calf Raises	3	15-20
5B Incline Dumbbell Curl	3	10-15
6A Seated Calf Raises	3	15-20
6B Cable Hammer Curl	3	10-15

Day 3: Shoulders, Abs, and Hamstrings

Exercise	Sets	Reps
Military Press	4	10-12
Incline Y Raises	4	10/side
Bent-over Lateral Raises	4	12-15
4A Lying Leg Curl	4	8-10

4B Hanging Legs/Knee Raises	4	10-20
5A Single-leg Romanian Deadlift	4	15-20
5B Half Kneeling Cable Crunches	4	15-20

Day 5: Chest, Quads, and Calves

Exercise	Sets	Reps
Back Squat	5	8-10
Reverse Lunges	3	10/leg
Paused Bench Press	4	6-8
Bent-over Cable Fly	4	10-12
Standing Calf Raises	3	15-20

Day 6: Back, Shoulder, and Abs

Exercise	Sets	Reps
Single-arm Lat Pulldown	3	6-12
Chest Supported DB Row	4	8-10
Barbell Shrug	4	6-8/side
Reverse Pec Deck Fly	3	10-12
5A Knee/Leg Raises	3	10-15
5B High to Low Cable Chop	3	10/side
Ab Wheel Rollout	3	8-10

Week 3

You'll do double drop sets during this period. The double drop sets involve performing three subsets (within one set), first with heavyweight, second with heavy to moderate weight, and third with moderate weight.

The rule is to start with a heavy load, then reduce it two times in the second and third subsets.

It is an advanced way to train and grow muscle mass.

Try to reach failure in each set. Limit your rest time and aim to maintain intensity as much as possible throughout the session.

Day 1: Chest, Triceps, and Quads

Exercise	Drop Sets	Reps
Incline Chest Press	3	4-6-8
Seated Pec Deck Fly	3	6-8-10
Leg Machine Press	3	4-6-8
Leg Extensions	3	6-8-10
Triceps Pressdown	3	6-8-10

Day 2: Back, Biceps, and Calves

Exercise	Drop Sets	Reps
Conventional Deadlift	3	3-4-5
Lat Pulldown (Neutral Grip)	2	4-6-8

Lat Pulldown (Prone Grip)	2	4-6-8
Seated Cable Machine Row	3	6-8-10
Standing Calf Raises	3	6-8-10
Cable Biceps Curls	3	4-6-8

Day 3: Shoulders, Abs, and Hamstrings

Exercise	Drop Sets	Reps
Seated Overhead Press	3	4-6-8
Dumbbell Lateral Raises	3	4-6-8
Cable Face Pull	3	4-6-8
DB Romanian Deadlift	3	4-6-8
Seated Leg Curl	3	6-8-10
Cable Crunches	3	6-8-10

Day 5: Chest, Quads, and Calves

Exercise	Drop Sets	Reps
Back Squat	3	4-6-8
Reverse Hack Squat	3	4-6-8
Flat Bench Press	3	4-6-8
Bent-over Cable Fly	3	6-8-10
Seated Calf Raises	3	6-8-10

Day 6: Back, Shoulder, and Abs

Exercise	Drop Sets	Reps
Bent-over Barbell Row	3	4-6-8
Close Grip T-Bar Row	3	4-6-8
Close Grip Pulldown	3	4-6-8
Barbell Shrug	3	4-6-8
Cable Crunches	3	6-8-10

Day 4 and 7: OFF

These rest days help you recover your muscles and prepare you for the next sessions.

Week 4

Day 1: Chest, Triceps, and Quads

Exercise	Sets	Reps
1A Incline Machine Chest Press	4	12-15
1B Leg Extension	4	15-20
Flat Dumbbell Bench Press	4	8-12
3A Leg Machine Press	4	12-15
3B Seated Pec Deck Fly	4	10-12
4A Bulgarian Split Squat	3	10-12
4B Triceps Pressdown	3	15-20

Day 2: Back, Biceps, and Calves

Exercise	Sets	Reps
Pull-ups (warm-up)	4	4-10
Lat Pulldown (Prone Grip)	4	10-12
Bent-over Barbell Row	4	8-10
Single-arm Cable Row	4	6-8/side
5A Standing Calf Raises	3	15-20
5B Straight Bar Curl	3	10-15
6A Seated Calf Raises	3	15-20
6B EZ Bar Preacher Curl	3	10-15

Day 3: Shoulders, Abs, and Hamstrings

Exercise	Sets	Reps
Barbell Push Press	4	10-12
1-arm Lateral Raises	4	10/side
Reverse Pec Deck Fly	4	12-15
4A Hamstring March	4	8-10

4B Hanging Knee Raises	4	10-20
5A Seated Leg Curl	4	15-20
5B Cable Crunches	4	15-20

Day 5: Chest, Quads, and Calves

Exercise	Sets	Reps
Back Squat	5	8-10
Stationary Front Lunges	3	10/leg
Negative Bench Press	3	8-10
Bent-over Cable Fly	4	10-12
Standing Calf Raises	3	10-12

Day 6: Back, Shoulder, and Abs

Exercise	Sets	Reps
Chin-ups	3	6-12
Single-arm Landmine Press	4	8-10
One-arm DB Row	4	8-10
Chest Supported Row (Prone Grip)	4	6-8/side
Alternating Front Raises	3	10-12
Cable Crunches + Rollout(superset)	3	10-15
High to Low Cable Chop	3	10/side

Day 4 and 7: OFF

These rest days help you recover your muscles and prepare you for the next sessions.

Additional Instructions for Optimal Performance and Muscle Growth

Warm-up

Always begin your training with a little warm-up. You can do dynamic stretches and lightweight training before lifting heavy. Here are warm-up exercise examples you can incorporate into this 4-week muscle-building program.

Upper Body

- [Shoulder Pass Through](#)
- [Kneeling Chest Opener](#)
- Banded Pull Apart
- Arm Swings
- [Superman Raise](#)
- [Cat-Cow](#)
- [Dive Bomber Push-up](#)
- [Single-arm Overhead Press](#)

Lower Body

- Leg Swings
- Reverse Lunges

- Standing Quad Stretch
- [Suitcase Deadlift](#)
- [Clamshell](#)
- [Lateral Walk](#)
- [Single-leg Deadlift](#)

Full Body

- Inchworm
- [Bird Dog](#)
- [World's Greatest Stretch](#)
- [Bear Crawl](#)

Strategic Overload

Increase the load or the number of sets over the weeks to force your muscles to work harder each week.

Try to lift 5–10% heavier weight every week for three weeks, then deload in the fourth week and repeat this pattern till you can no longer increase weight. This progressively increasing load will help you develop your strength and size in the long run.

If loading progression isn't possible, strive for a higher number of sets while keeping the number of reps unchanged. It won't be as effective

as load progression for building strength, but it will help you build mass.

Exercise Variations

Aim to include a combination of [compound, isolation, and unilateral exercises](#). The variety of exercises hit every large to tiny muscle group to build a strong and balanced physique.

Recovery

Aim to get 6–8 hours of sound sleep every day and consume a balanced diet for optimal muscle recovery. Additionally, taking a cold bath, massage, and sauna can also speed up muscle healing.

Diet Recommendation for Building Muscle

A good meal plan helps repair trained muscles quickly and promote muscle growth.

Your meal must include a good balance of protein, carbs, fats, and fiber.

Here's what the National Institute of Health website recommends to gymgoers for building and maintaining muscle mass:¹

- **Protein:** 2–3 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training. Examples of protein-rich foods are whey protein, egg whites, whole eggs, white meat, white fish, and Greek yogurt.
- **Carbohydrates:** 3–5 g/kg/day to support energy demands from resistance exercise. Examples of good carb sources are brown rice, quinoa, banana, potatoes, oats, and whole-wheat pasta, bread, and cereals.
- **Fats** – 0.5–1.5 g/kg/day. Examples of healthy fats are cheese, omega-3, butter, and milk.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders.

Breakfast Options

- Greek yogurt, almonds or walnuts, whole grain granola, and fresh berries
- Oatmeal with berries and scrambled egg whites
- Boiled eggs, stir-fried veggies, and peanut butter with bread
- Protein shakes, boiled eggs, and broccoli

Lunch Options

- Grilled fish with a spinach salad and broccoli
- Grilled chicken breast, mixed veggies, and baked sweet potato
- Beef steaks, scrambled eggs, and brown rice.
- Lean ground beef burger on lettuce with tomato, onion, and green beans

Dinner Options

- Chicken with rice or Indian bread and yogurt.
- Chicken breast with spinach, strawberries and almonds
- Grilled chicken with white bean and tomato salad
- Kidney beans, rice, and fish

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](#)

Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

“The reader does not steal, and the thief does not read.”