

4 DAY PUSH PULL SPLIT ROUTINE FOR BODYBUILDING

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Check out [article](#) for more info

Summary

- Sessions/week: 4
- Duration/session: 60-75 minutes
- Suggested Program Duration: 3 months
- Workout Level: Beginner to Intermediate
- Target Gender: Male and Female

Schedule:

- Day 1 – Push Workout -Quadriceps, Chest, Triceps
- Day 2 – Pull Workout – Back, Biceps, and Core
- Day 3 – Push Workout – Shoulder, Chest, Quadriceps, and Glutes
- Day 4 – Pull Workout – Rear Delt, Back, Hamstrings, and Core

To complete this schedule, train for the first two days, followed by one day of rest. And then two days of workout followed by two days off. You can adjust this routine according to your lifestyle.

Day 1 – Push Workout – Quadriceps, Chest, & Triceps

Warm-up

- Ankle Hops: 15-sec x 2
- Jumping Jacks: 15-sec x 2
- Back and Forth Leg Swings: 15-sec/leg
- Mountain Climber: 15-sec x 2
- Treadmill: 2-3 min jog

Strength Training

Push Exercises	Muscles Worked	Reps	Rest
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Smith Machine Back Squat	Quads	15, 12, 10	2-3 min
Machine Leg Press	Quads	15, 12, 10	2-3 min
Flat Barbell Bench Press	Chest	12, 10, 8	2-3 min
Incline DB Bench Press	Chest	12, 10, 8	2-3 min
Parallel Bar Dip	Triceps	12, 10, 8	2-3 min
Rope Pushdown	Triceps	12, 10, 8	1-2 min

***When the repetitions decrease, the load will increase.**

Day 2 – Pull Workout – Back, Biceps, & Wrist

Warm-up

1. Ankle Hops: 15-sec x 2
2. [Squat Thrust](#): 15-sec x 2
3. Shoulder Tap: 15-sec x 2
4. Bicycling: 2-3 min at a moderate pace

Strength Training

Pull Exercises	Muscle Build	Reps	Rest
Pull-ups	Back	8 x 3	1-2 min
Front Lat Pulldown	Back	12, 10, 8	2-3 min
Seated Rowing	Back	12, 10, 8	2-3 min
Alternate Dumbbell Curl	Biceps	12, 10, 8	1-2 min
Hammer Curl	Biceps	12, 10, 8	1-2 min
Bent-over Barbell Wrist Extension	Forearms	12, 10, 8	1-2 min

Day 3 – Push Workout – Chest, Shoulder, & Quad

Warm-up

- Jumping Jacks: 15-sec x 2
- Burpees: 10 reps
- [Diver Pushup](#): 10 reps
- Back and Forth Leg Swings: 15-sec/leg
- Treadmill: 2-3 min jog

Strength Training

Push Exercises	Muscles	Reps	Rest
Incline DB Bench Press	Chest	12, 10, 8	2-3 min
Deficit Pushups	Chest	12, 10, 8	2-3 min
Barbell Overhead Press	Shoulder	12, 10, 8	2-3 min
Dumbbell Lateral Raises	Shoulder	12, 10, 8	1-2 min
Leg Extension	Quad	12, 10, 8	1-2 min

Day 4 – Pull Workout – Back, Rear Delt, Hamstring, & Core

Warm-up

5. Ankle Hops: 15-sec x 2
6. Jumping Jacks: 15-sec x 2
7. [Curtsy Lunge](#): 10 reps on each side
8. [Inchworm](#): 15-sec x 2
9. Bicycling: 2-3 minute

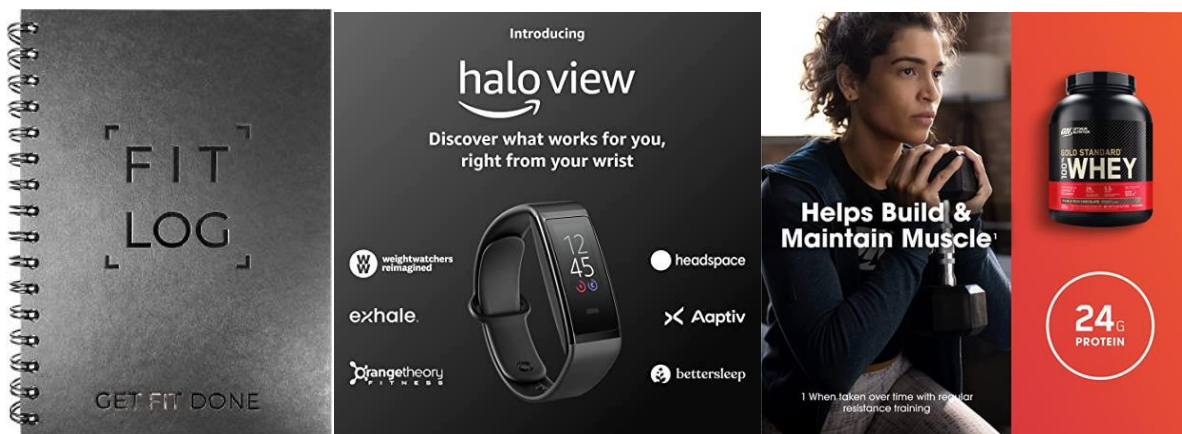
Strength Training

Exercise	Muscle Worked	Reps	Rest
Bent-over Barbell Row	Back	12, 10, 8	2-3 min
V Grip Lat Pulldown	Back	12, 10, 8	2-3 min
Face Pull	Trap & Rear Delt	12, 10, 8	1-2 min
Rear Delt DB Raises	Trap & Rear Delt	12, 10, 8	1-2 min
DB Romanian Deadlift	Hamstrings	10, 8, 6	2-3 min
Machine Leg Curl	Hamstrings	15, 12, 10	1-2 min
Hanging Knee Raise	Core	AMRAP x 2	1-2 min

*AMRAP – As many reps as possible.

You can replace some exercises in the following weeks of this program. Here are examples of more push and pull exercises.

- [Best Barbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [20 Best Dumbbell Exercises to do on Pull Day](#)
- [12 Best Dumbbell Exercises to do on Push Day](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)



Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

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

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

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).

9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

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Related Routines:

1. [4 Day Superset Workout Plan](#)
2. [4 Day Gym Workout Schedule](#)
3. [4 Day Full Body Workout Routine](#)
4. [4 Day Compound Workout Routine](#)
5. [4 Day Upper Lower Split Bodybuilding](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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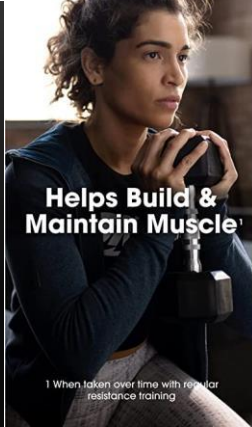
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Helps Build & Maintain Muscle

1 When taken over time with regular resistance training



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