

4-DAY PUSH PULL DUMBBELL WORKOUT TO BUILD MUSCLE AT HOME

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Check out [article](#) for more info

The Push-Pull is one of the popular training splits that involves performing push and pull exercises on alternate days.

Push day involves training the chest, shoulders, quads, and triceps, while pull day comprises hamstrings, back, biceps, and rear delt exercises.

Anyone (including beginners) wanting to build strength and mass and enhance their fitness level can try this program. And I believe you'll see some progress in the first few months.

Note: I've modified the [push-pull-legs \(PPL\) split](#) into a push/pull split and included leg exercises, such as squats, leg extension, leg press, and calf raises on push day and leg curl and RDL on pull day so that you can train each muscle group twice a week in this four-day split.

ABOUT PROGRAM

Program Duration	8-12 Weeks
Split Type	Push-Pull Split
Rep-Set Method	Superset
Sessions/Week	4 Days/week
Difficulty level	Beginner to Intermediate
Equipment Required	Dumbbells and a flexible bench
Workout Goal	Strength and Muscle Building
Duration/session	45 to 60 minutes
Target Gender	Males and Females
PDF of This Workout Plan	At the Bottom

Routine

- Monday – Push Workout (Quad, Chest, & Triceps)
- Tuesday – Pull Workout (Back, Biceps, Hamstring, and Core)
- Wednesday – OFF
- Thursday – Push Workout (Shoulder, Chest, Quad, and Glutes)
- Friday – OFF
- Saturday – Pull Workout (Rear Delt, Back, Hamstrings, and Core)
- Sunday – OFF

This push-pull dumbbell split involves training large muscle groups two times and small muscles once a week and will help you build strength, endurance, and lean mass at home.

It will be a [superset workout routine](#). Superset training involves performing two muscle groups together (agonist and antagonist) with little or no rest between them.

Monday – Dumbbell Push Workout

Warm-up

- Jumping Jacks: 15-sec x 2
- Mountain Climber: 15-sec x 2
- Back and Forth Leg Swings: 10 reps/leg
- Pushups: 10 reps x 2

Resistance Training

Exercises	Target Muscles	Sets	Reps
DB Front Squat + Incline DB Bench Press	Quads and Chest	3 and 3	15 and 12
Dumbbell Lunges + Dumbbell Fly	Legs and Chest	2 and 2	10/leg and 15
Incline French Press + Leg Extension	Triceps & Quads	3 and 3	12 and 15

Instructions:

- **Superset 1:** After the warm-up, perform 15 dumbbell squats, followed by 12 incline dumbbell bench presses, then take 60-90 seconds of break and repeat two more times.
- **Superset 2:** Perform 10 lunges with the right foot, 15 dumbbell pec flies, then 10 lunges with the left foot. That's one set. Take 30-45 seconds of rest, then repeat one more time.
- **Superset 3:** Do 12 French presses followed by 15 leg extensions, then rest for 45 seconds and repeat three thrice.

Tuesday – Dumbbell Pull Workout

Warm-up

- Ankle Hops: 10-sec x 2
- Reverse Lunge to Front Kick: 5 reps/leg x 2
- High Knees: 15-sec x 2
- [Superman Pull](#): 10 reps x 2

Main Workout

Exercises	Target Muscles	Sets	Reps
Dumbbell Deadlift + Incline DB Curl	Back, Ham, and Biceps	3	10-12
Bent-over Row + Prone Leg Curl	Back and Hamstring	3	12-15
One-arm DB Row + Reverse Crunches	Back and Abs	2	12-15
One-arm Preacher Curl + Dumbbell Swings	Full Body	2	15/arm

Instructions:

- **Superset 1:** Perform 10 deadlifts and 12 dumbbell curls, take 45-60 seconds of break, and repeat thrice.
- **Superset 2:** Do 12 bent-over rows followed by 15 leg curls, rest for 45-60 seconds, and repeat two more times.
- **Superset 3:** Perform 15 rows with the right arm, followed by 10 reverse crunches, and again 10 rows with the left arm to complete the first set. Take 30-45 seconds of rest and repeat one more time.

- **Superset 4:** Do 15 preacher curls and kettlebell swings with the right hand, followed by the left hand. Take 45-60 seconds of intervals and repeat once more.

Thursday – Push Dumbbell Workout

Warm-up

- Jumping Jacks: 15-sec x 2
- Burpees: 5 reps x 2
- Back and Forth Leg Swings: 15-sec/leg
- [Dive Bomber Pushups](#): 5 reps x 2

Strength Workout

Exercises	Target Muscles	Sets	Reps
Flat Bench Press + Curtsy Lunges	Chest and Legs	3 and 2	12 and 10/leg
Arnold Press + Pop Squat	Chest and Legs	3 and 2	10 and 8
Lateral Raises + Hip Thrust	Shoulder and Glute	3 and 2	12 and 10
1-arm OH Tricep Extension + Calf Raises	Shoulder and Calves	2/side	15 per side

Instructions:

- **Superset 1:** Perform 12 bench presses and 10 curtsy lunges on each side, followed by 45-60 seconds of rest. Repeat twice and end with 12 bench presses.
- **Superset 2:** Perform three sets of Arnold press and two sets of Pop squats.
- **Superset 3:** Perform 12 bench presses and 10 hip thrusts, followed by 45-60 seconds of rest. Repeat three times.
- **Superset 4:** Do 15 single-arm triceps extensions with your right hand and 15 calf raises with your right foot. Repeat on the opposite side with no rest to complete one set.

Saturday – Pull Dumbbell Workout

Warm-up

- Ankle Hops: 15-sec x 2
- Jumping Jacks: 15-sec x 2
- Inchworm: 15-sec x 2

Main Workout

Exercises	Target Muscles	Sets	Reps
Bent-over Row + Reverse Crunches	Back and Core	3 and 2	15 and 10
Chest Supported Row + H2L Chop	Upper Back, Rear Delt & Core	3 and 2	15 and 10
Rear Delt Raises + Prone Leg Curl	Rear Delt and Hamstring	3 and 3	12 and 12
DB Pullover + Plank DB Drag	Back + Core	3 and 2	12 and 5/arm

Instructions:

- **Superset 1:** Perform 15 bent-over rows and 10 reverse crunches, followed by 30-45 seconds of rest. And once you complete two sets, perform 15 bent-over rows to end your first superset.
- **Superset 2:** Perform three sets of chest-supported rows and two sets of standing high-to-low dumbbell chops.
- **Superset 3:** Perform 12 rear delt raises and 10 lying leg curls, followed by 45-60 seconds of rest. Repeat thrice.
- **Superset 4:** Perform three sets of dumbbell pullovers and two sets of plank dumbbell drag.

You can make as many changes as you like based on your fitness level.

Helpful Resources:

- [12 Dumbbell Push Exercises](#)
- [20 Dumbbell Pull Exercises](#)
- [15 Dumbbell Leg Exercises](#)
- [Dumbbell Exercises List By Muscle Group](#)

Alternate Dumbbell Workout Routines:

- [Upper Lower Split Dumbbell Workout](#)
- [Full Body Dumbbell Workout](#)
- [Hybrid Split Dumbbell Workout](#)

6 Best Tips for Maximizing Back Mass and Strength Growth

1. Progressive Overload

Increase the load you lift over time to promote muscle growth. Gradually increasing the load to challenge the muscles to push a little harder has shown to be effective in stimulating metabolic response.

2. Nutrition

Fuel your muscular growth with healthy meals. Consuming a diet rich in protein, complex carbohydrates, healthy fats, and micronutrients helps support muscle growth and recovery. For example, you can have [protein-rich foods](#) like lean meats, fish, eggs, dairy, dry fruits, and legumes in your diet.

3. Recovery

Recovery is crucial when it comes to muscle growth. Make sure you sleep 7-8 hours every day and allow your back muscles 48-72 hours to recover before you hit them again.

4. Supplementation

Incorporating certain supplements like protein powder, creatine, and branched-chain amino acids (BCAAs) in your pre- and post-workout diet can support muscle growth and recovery.

5. Consistency

Consistency is key when it comes to achieving the best results. So, try to follow the workout program and maintain your diet throughout the program to build the best physique you want.

Additional Tips for Maximizing Your 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 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.

5. Creator note

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)

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