

# EXERCISE *with Style*

## The Best 4 Week Muscle Gain Workout Plan

Below is a 4-week muscle-building workout plan for both beginners and advanced lifters.

Each is built around split programming, with the addition of pyramids and increased volume for more advanced lifters.

Programs will remain largely the same for the four weeks, with the request that you record your lifts progressively with each session.

### Beginner Program Schedule

Mon	Tue	Wed	Thurs	Friday	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Rest

### Push (Duration 45 - 50 mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Back Squat	3	8-10	45 - 60 secs
Bulgarian Split Squat	3	10	45 - 60 secs
Leg Press	3	12	60 secs
Barbell Chest Press	3	10	45 secs
Cable Fly	2	10	45 secs
Tricep Pushdown	3	10	45 secs

### Pull (Duration 35 mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Deadlift	3	8-10	45 - 60 secs
Lat Pulldown	3	8-12	45 - 60 secs
Cable Row	3	12	60 secs
Dumbbell Bicep Curl	3	10	45 secs

### Legs (Duration 25 - 30 Mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Back Squat	4	8	45 - 60 secs
Hack Squat	4	8-10	45 - 60 secs
Bulgarian Split Squat	3	8	60 secs

## Advanced Program Schedule

Mon	Tue	Wed	Thurs	Friday	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Rest

### Push (Duration 45 - 50 mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Back Squat	4	8	45 - 60 secs
Bulgarian Split Squat	3	10	45 - 60 secs
Hack Squat	3	8-12	60 secs
Barbell Chest Press	4	8	45 secs
DB Incline Press	3	8-12	45 secs
Cable Fly	3	10	45 secs
Tricep Pushdown	3	12	45 secs

### Pull (Duration 35 - 40 mins)

Exercise	Sets	Repetitions	Rest Time
Barbell Deadlift	4	8	45 - 60 secs
Lat Pulldown Reverse Pyramid	3	8, 12, 15	60 -120 secs
Cable Row	4	8	45 secs
Dumbbell Bicep Curl	4	12	45 secs

Legs (Duration 35 - 40 Mins)

<b>Exercise</b>	<b>Sets</b>	<b>Repetitions</b>	<b>Rest Time</b>
Barbell Back Squat	4	8	45 - 60 secs
Hack Squat	4	8-10	45 - 60 secs
Bulgarian Split Squat	4	8	60 secs
45 Degree Leg Press Reverse Pyramid	3	8, 12, 15	60 -120 secs