

4-Day Gym Plan for Muscle Gain & Fat Loss

Day 1: Upper Body Strength

- Warm-up: 5-10 min light cardio (treadmill or bike)
- Bench Press - 4 sets x 8-10 reps
- Bent-over Rows - 4 sets x 8-10 reps
- Dumbbell Shoulder Press - 3 sets x 10-12 reps
- Pull-Ups or Lat Pulldown - 3 sets x 8-10 reps
- Bicep Curls - 3 sets x 12-15 reps
- Tricep Dips - 3 sets x 12-15 reps
- Cool-down: Stretch chest, back, shoulders

Day 2: Lower Body & Core

- Warm-up: 5-10 min brisk walking or cycling
- Squats - 4 sets x 8-10 reps
- Deadlifts - 4 sets x 6-8 reps
- Lunges - 3 sets x 10-12 reps each leg
- Leg Press - 3 sets x 10-12 reps
- Plank - 3 sets x 30-45 seconds
- Russian Twists - 3 sets x 20 reps
- Cool-down: Stretch hamstrings, quads, calves

Day 3: Cardio & Mobility

- 30-40 min moderate-intensity cardio (running, cycling, rowing)
- Dynamic stretches and mobility drills (hip circles, arm swings)
- Optional: Yoga or foam rolling for recovery

Day 4: Full Body Circuit

- Warm-up: 5 min jump rope or dynamic warm-up
- Circuit (repeat 3-4 rounds, 45 sec work / 15 sec rest):
 - Push-ups
 - Kettlebell Swings

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- Bodyweight Squats
- Dumbbell Rows
- Mountain Climbers
- Bicycle Crunches
- Cool-down: Full body stretching