

Workout Plan: Intermediate 4-Day Split for Muscle Gain

Monday: Push Day (Chest, Shoulders, Triceps)

- **Barbell Bench Press:** 4 sets of 6-8 reps. Rest 90 seconds.
 - *Form Guidance:* Keep your feet planted, back slightly arched, and lower the bar to your mid-chest. Drive the bar up explosively.
 - **Incline Dumbbell Press:** 3 sets of 8-12 reps. Rest 75 seconds.
 - *Form Guidance:* Set the bench to a 30-45 degree angle. Press the dumbbells upwards and inwards, focusing on squeezing the upper chest.
 - **Seated Dumbbell Shoulder Press:** 4 sets of 8-10 reps. Rest 90 seconds.
 - *Form Guidance:* Keep your back straight against the pad. Press the dumbbells overhead without locking out your elbows completely at the top.
 - **Dumbbell Lateral Raises:** 3 sets of 12-15 reps. Rest 60 seconds.
 - *Form Guidance:* Raise the dumbbells to your sides with a slight bend in your elbows. Lead with the elbows and stop at shoulder height.
 - **Tricep Rope Pushdowns:** 3 sets of 10-12 reps. Rest 60 seconds.
 - *Form Guidance:* Keep your elbows tucked into your sides. Fully extend your arms and spread the rope apart at the bottom to maximize tricep contraction.
 - **Dips (Assisted or Bodyweight):** 3 sets of 8-12 reps. Rest 75 seconds.
 - *Form Guidance:* Lean your torso slightly forward to target the chest more. Lower yourself until your shoulders are slightly below your elbows.
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Tuesday: Pull Day (Back & Biceps)

- **Pull-Ups (or Lat Pulldowns):** 4 sets of 6-10 reps. Rest 90 seconds.
 - *Form Guidance:* Initiate the pull with your back muscles (lats), not your arms. Pull your chest towards the bar.
 - **Barbell Bent-Over Rows:** 4 sets of 6-8 reps. Rest 90 seconds.
 - *Form Guidance:* Maintain a flat back and hinge at the hips. Pull the barbell towards your lower chest, squeezing your shoulder blades together.
 - **Seated Cable Rows:** 3 sets of 10-12 reps. Rest 75 seconds.
 - *Form Guidance:* Keep your chest up and back straight. Pull the handle to your abdomen, focusing on retracting your scapula.
 - **Face Pulls:** 3 sets of 12-15 reps. Rest 60 seconds.
 - *Form Guidance:* Use a rope attachment and pull the handles towards your face, aiming to get your hands by your ears. Focus on external rotation.
 - **Barbell Curls:** 3 sets of 8-12 reps. Rest 60 seconds.
 - *Form Guidance:* Keep your elbows pinned to your sides. Avoid using momentum or swinging your body to lift the weight.
 - **Incline Dumbbell Curls:** 3 sets of 10-12 reps. Rest 60 seconds.
 - *Form Guidance:* Lie back on an incline bench to get a deep stretch on the bicep. Curl the dumbbells up, supinating your wrists (turning palms up).
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Thursday: Leg Day (Quads, Hamstrings, Glutes)

- **Barbell Squats:** 4 sets of 6-8 reps. Rest 120 seconds.
 - *Form Guidance:* Keep your chest up and back straight. Squat down until your thighs are at least parallel to the floor, driving through your heels to stand up.
- **Romanian Deadlifts (RDLs):** 3 sets of 8-12 reps. Rest 90 seconds.
 - *Form Guidance:* Keep a slight bend in your knees. Hinge at your hips, keeping the bar close to your legs, until you feel a deep stretch in your hamstrings.
- **Leg Press:** 4 sets of 10-12 reps. Rest 90 seconds.
 - *Form Guidance:* Place your feet shoulder-width apart on the platform. Lower the weight under control until your knees are at a 90-degree angle.
- **Walking Lunges:** 3 sets of 10-12 reps per leg. Rest 75 seconds.
 - *Form Guidance:* Take a controlled step forward, lowering your hips until both knees are bent at approximately 90 degrees. Keep your front knee behind your toes.
- **Lying Leg Curls:** 3 sets of 12-15 reps. Rest 60 seconds.
 - *Form Guidance:* Focus on squeezing your hamstrings to curl the weight. Control the negative (lowering) portion of the movement.
- **Standing Calf Raises:** 4 sets of 15-20 reps. Rest 60 seconds.
 - *Form Guidance:* Get a full stretch at the bottom by dropping your heels down. Pause at the top and squeeze your calf muscles hard.

Friday: Upper Body Strength

- **Overhead Press (Barbell):** 4 sets of 6-8 reps. Rest 120 seconds.
 - *Form Guidance:* Start with the bar at your upper chest. Press directly overhead, keeping your core tight and avoiding excessive back arch.
- **Weighted Chin-Ups:** 4 sets of 6-8 reps. Rest 90 seconds.
 - *Form Guidance:* Use an underhand grip. Pull until your chin is over the bar, focusing on using your lats and biceps.
- **Flat Dumbbell Press:** 3 sets of 8-12 reps. Rest 75 seconds.
 - *Form Guidance:* Lower the dumbbells until you feel a good stretch in your chest. Press them up and together over your mid-chest.
- **T-Bar Row:** 3 sets of 8-12 reps. Rest 75 seconds.
 - *Form Guidance:* Keep your back flat and chest up. Pull the weight towards your abdomen, squeezing your mid-back muscles.
- **Skull Crushers:** 3 sets of 10-12 reps. Rest 60 seconds.
 - *Form Guidance:* Lying on a bench, lower the barbell or EZ-bar towards your forehead by bending only at the elbows. Extend to the top without locking out.
- **Hammer Curls:** 3 sets of 10-12 reps. Rest 60 seconds.
 - *Form Guidance:* Keep a neutral (palms facing in) grip throughout the movement. This targets the brachialis muscle for thicker-looking arms.