



THE TOOLS YOU NEED TO BUILD  
THE BODY YOU WANT®



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HIT MASS: 4 & 5 DAY  
HIGH INTENSITY TRAINING SPLITS

Take the next steps in your HIT MASS program with these 4 & 5 day high intensity training workouts. If you're looking to achieve new gains, try this program!

Link to Workout: <https://www.muscleandstrength.com/workouts/hit-mass-4-5-day-splits>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 60 - 75 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Roger "Rock" Lockridge

4 Day HIT MASS Split

Exercise	Sets	Reps
Monday: Chest & Biceps		
1. <a href="#">Incline Dumbbell Press</a>	3	15, 10, 6 - 8*
2. <a href="#">Flat Dumbbell Fly</a>	3	15, 10, 8 - 10**
3. <a href="#">Decline Barbell Bench Press</a>	3	15, 10, 8 - 10***
4. <a href="#">Barbell Curl</a>	3	15, 10, 8 - 10
5. <a href="#">Dumbbell Preacher Curl</a>	3	15, 10, 8 - 10
*Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure.		
Tuesday: Shoulders & Abs		
1. <a href="#">Seated Smith Machine Press</a>	3	15, 10, 6 - 8
2. <a href="#">Single Arm Lateral Raise</a>	3	15, 10, 8 - 10*
3. <a href="#">Upright Row</a>	3	15, 10, 8 - 10**
4. <a href="#">Rear Delt Fly</a>	3	15, 10, 8 - 10
5. <a href="#">Hanging Leg Raise</a>	3	15, 10, 8 - 10***
*Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure.		
Thursday: Back & Triceps		
1. <a href="#">Bent Over Barbell Row</a>	3	15, 10, 6 - 8
2. <a href="#">Pullups</a>	3	15, 10, 8 - 10*
3. <a href="#">Dumbbell Pullover</a>	3	15, 10, 8 - 10
4. Rack Deadlift	3	15, 10, 8 - 10**
5. <a href="#">Lying Tricep Extension</a>	3	15, 10, 8 - 10
6. <a href="#">Rope Pressdown</a>	3	15, 10, 8 - 10***
*Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure.		
Friday: Legs		
1. <a href="#">Goblet Squat</a>	3	15, 10, 6 - 8*
2. <a href="#">Leg Press</a>	3	15, 10, 8 - 10**
3. <a href="#">Single Leg Extension</a>	3	15, 10, 8 - 10
4. <a href="#">Stiff Legged Deadlift</a>	3	15, 10, 8 - 10
5. <a href="#">Single Leg Curl</a>	3	15, 10, 8 - 10***
6. <a href="#">Standing Calf Raise</a>	3	15, 10, 8 - 10*
7. <a href="#">Seated Calf Raise</a>	3	15, 10, 8 - 10
*Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure.		

5 Day HIT MASS Split

Exercise	Sets	Reps
Monday: Chest & Abs		
1. <a href="#">Bench Press</a>	3	15, 10, 6 - 8
2. <a href="#">Incline Dumbbell Fly</a>	3	15, 10, 8 - 10*
3. <a href="#">Weighted Dips</a>	3	15, 10, 8 - 10**
4. <a href="#">Pec Dec</a>	3	15, 10, 8 - 10***
5. <a href="#">Cable Crossover</a>	3	15, 10, 8 - 10
6. <a href="#">Decline Bench Sit Up</a>	3	15, 10, 8 - 10*
7. <a href="#">Lying Leg Raise</a>	3	15, 10, 8 - 10
*Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure.		
Tuesday: Legs		
1. <a href="#">Squat</a>	3	15, 10, 6 - 8
2. <a href="#">Single Leg Press</a>	3	15, 10, 8 - 10*
3. <a href="#">Hack Squat</a>	3	15, 10, 8 - 10**
4. <a href="#">Lunge</a>	3	15, 10, 8 - 10
5. <a href="#">Standing Leg Curl</a>	3	15, 10, 8 - 10
6. <a href="#">Single Seated Calf Raise</a>	3	15, 10, 8 - 10
7. <a href="#">Single Standing Dumbbell Calf Raise</a>	3	15, 10, 8 - 10*
*Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure.		
Thursday: Back		
1. <a href="#">Dumbbell Pullover</a>	3	15, 10, 6 - 8
2. <a href="#">Seated Row</a>	3	15, 10, 8 - 10*
3. <a href="#">Wide Grip Row</a>	3	15, 10, 8 - 10**
4. <a href="#">Dumbbell Row</a>	3	15, 10, 8 - 10
5. <a href="#">Straight Arm Pulldown</a>	3	15, 10, 8 - 10***
6. <a href="#">Hyperextensions</a>	3	15, 10, 8 - 10*
*Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. ***Last set is your all-out HIT set to failure. After hitting failure, perform a forced rep set to failure.		
Friday: Shoulders		
1. <a href="#">Standing Barbell Press</a>	3	15, 10, 6 - 8
2. <a href="#">Cable Lateral Raise</a>	3	15, 10, 8 - 10*
3. <a href="#">Seated Lateral Raise</a>	3	15, 10, 8 - 10**
4. Face Pulls	3	15, 10, 8 - 10
5. <a href="#">Rear Cable Fly</a>	3	15, 10, 8 - 10
6. <a href="#">Dumbbell Shrug</a>	3	15, 10, 8 - 10**
7. <a href="#">Lying Leg Raise</a>	3	15, 10, 8 - 10
*Last set is your all-out HIT set to failure. After hitting failure, perform a rest pause set to failure. **Last set is your all-out HIT set to failure. After hitting failure, perform a drop set to failure.		
Saturday: Arms		
1. <a href="#">Strict Curl</a>	3	15, 10, 6 - 8
2. <a href="#">Close Grip Bench Press</a>	3	15, 10, 8 - 10*
3. <a href="#">Alternate Dumbbell Curl</a>	3	15, 10, 8 - 10**
4. <a href="#">Overhead Dumbbell Extension</a>	3	15, 10, 8 - 10
5. <a href="#">Lying Cable Curl</a>	3	15, 10, 8 - 10**
6. <a href="#">Rope Pressdown</a>	3	15, 10, 8 - 10***
7. <a href="#">Hammer Curl</a>	3	15, 10, 8 - 10
8. <a href="#">Reverse Grip Pressdown</a>	3	15, 10, 8 - 10**
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