



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



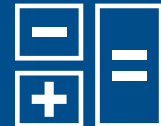
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## 4 DAY WORKOUT PROGRAM TO BUILD SERIOUS MASS

Got a goal to build some serious mass this summer? This workout might be the perfect one for you. But leg day haters beware - this workout has 2 leg days!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-workout-build-serious-mass>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines  
**Author:** Team Muscle & Strength

### Monday: Legs

Exercise	Sets	Reps
<a href="#">Squat</a>	4	10 - 12
<a href="#">Walking Lunge</a>	3	10 Each Leg
<a href="#">Leg Press</a>	3	10 - 12
Triset		
<a href="#">Goblet Squat</a>	3	15
<a href="#">Leg Extension</a>	3	15
<a href="#">Leg Curl</a>	3	15
<a href="#">Calf Raise</a>	3	20

### Tuesday: Chest & Shoulders

Exercise	Sets	Reps
<a href="#">Bench Press</a>	4	10 - 12
<a href="#">Dumbbell Incline Bench</a>	4	12
Superset		
<a href="#">Hammer Strength Incline Press</a>	3	15
<a href="#">Pec Dec</a>	3	12
Triset		
<a href="#">Standing Dumbbell Press</a>	3	15
<a href="#">Lateral Raise</a>	3	15
<a href="#">Front Raise</a>	3	15

### Wednesday: Back & Arms

Exercise	Sets	Reps
<a href="#">Pull Up</a>	4	10 - 12
<a href="#">Dumbbell Row</a>	4	12
<a href="#">Hammer Strength Row</a>	4	10
<a href="#">Lat Pull Down</a>	3	15
Superset		
<a href="#">Cable Curls</a>	3	12
<a href="#">Rope Pushdown</a>	3	12
Superset		
<a href="#">Hammer Curls</a>	3	12
<a href="#">Dips</a>	3	12

### Friday: Legs

Exercise	Sets	Reps
<a href="#">Deadlift</a>	4	10 - 12
<a href="#">Dumbbell Stiff Leg Deadlift</a>	4	10 - 12
<a href="#">Plie Squats</a>	3	12
Superset		
<a href="#">Standing Hamstring Curl</a>	3	15
<a href="#">Reverse Lunge</a>	3	15
<a href="#">Calf Raises</a>	3	20