

Great, Birender — got it. We'll pair **Back + Biceps** and **Chest + Triceps**, which is a classic and very effective push/pull split style, even within a full body plan.

✅ Updated 4-Day Full Body Plan (Round 1)

Style: One Big + One Small Muscle per day

Session Time: ~60 minutes

Goal: Strength + Muscle Growth

Rep Range: 8–12 (mostly), progressive overload

🔥 Day 1 – Chest + Triceps + Core

- Incline Barbell Press – 3x8–10
 - Flat Dumbbell Press – 3x10
 - Chest Dips (weighted if possible) – 3x8–12
 - Overhead Dumbbell Tricep Extension – 3x10
 - Cable Tricep Pushdowns – 2x12
 - Weighted Decline Sit-ups – 3x12
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🦵 Day 2 – Legs + Shoulders

- Back Squats – 4x8
 - Romanian Deadlifts – 3x10
 - Walking Lunges – 2x12 each leg
 - Seated Dumbbell Shoulder Press – 3x10
 - Lateral Raises – 3x15
 - Optional Finisher: Farmer's Walk – 2 sets (trap/core focus)
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🦷 Day 3 – Back + Biceps + Core

- Weighted Pull-ups – 3x8
- Barbell Rows – 3x10
- Lat Pulldown (underhand or neutral grip) – 2x12
- Barbell Curls – 3x10
- Incline Dumbbell Curls – 2x12
- Ab Wheel Rollouts – 3x10–15

Day 4 – Core + Rear Delts + Calves

- Hanging Leg Raises – 3x15
- Weighted Plank – 2 sets x 45–60 sec
- Face Pulls – 3x15
- Reverse Pec Deck – 2x15
- Standing Calf Raise – 3x15
- Seated Calf Raise – 3x12

Notes:

- **Deadlifts** will be added in **Round 2** (on Back day).
- You'll rotate **press/pull/lower/core variations** in each new 4-day round.
- Hitting **all essential movements** over 2–3 rounds will ensure balanced development.

Would you like me to prep **Round 2** with rotated lifts including deadlifts, front squats, and cable or machine work?