

4 DAY WORKOUT PLAN

PUSH / PULL / LEGS / ARMS

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studios

- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – PUSH (Chest, Shoulders, Triceps)

Exercise	Reps
Barbell Bench Press	4 x 10–12
Incline Dumbbell Press	3 x 10–12
Dumbbells Shoulder Press	4 x 12
Dumbbell Lateral Raises	3 x 12–15
Bodyweight Dips	3 x 12–15
Overhead Dumbbell Triceps Extension	3 x 10–12
Cable Rope Triceps Pushdown	3 x 12

DAY 2 – PULL (Back, Rear Delts, Biceps)

Exercise	Reps
Close Grip Lat Pulldown	4 x 10–12
Barbell Lat Pulldown	4 x 10–12
Barbell Row Wide Grip	3 x 10–12
Single-Arm Dumbbell Row	3 x 10 each side
Face Pulls	3 x 12–15
EZ-Bar Curl	3 x 10–12
Incline Dumbbell Curl	3 x 10–12

DAY 3 – LEGS (Glutes, Quads, Hamstrings, Calves)

Exercise	Reps
Barbell Squat	4 x 12–15
Romanian Deadlift	4 x 12–15
Standing Lunges	3 x 12 steps/leg
Bulgarian Split Squat	3 x 10–12/leg
Seated Hamstring Curl	3 x 12
Standing Calf Raises	4 x 15

DAY 4 – ARMS (Biceps, Triceps, Forearms)

Exercise	Reps
Close-Grip Bench Press	4 x 10–12
Cable Overhead Rope Triceps Extensions	3 x 10–12
Rope Triceps Pushdown	3 x 12
Small Barbell Curl	4 x 10–12
Rope Hammer Curl	3 x 10–12
Wrist Extension	2 x 15–30
Wrist Curls	2 x 15–30

4 DAY WORKOUT PLAN

UPPER / LOWER SPLIT



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – UPPER BODY

Exercise	Reps
Barbell Bench Press	4 x 10–12
Barbell Lat Pulldown	4 x 10–12
Seated Dumbbell Shoulder Press	3 x 10–12
One-Arm Dumbbell Row	3 x 12 each side
Lateral Raises Dumbbells	3 x 12–15
Small Bar Biceps Curl	3 x 10–12
Cable Rope Triceps Pushdown	3 x 10–12

DAY 2 – LOWER BODY

Exercise	Reps
Barbell Squat	4 x 10–12
Romanian Deadlift	4 x 10–12
Standing Lunges	3 x 12/leg
Bulgarian Split Squat	3 x 10–12/leg
Seated Hamstring Curl	3 x 10–12
Standing Calf Raises	4 x 12–15

DAY 3 – UPPER BODY 2

Exercise	Reps
Incline Dumbbell Bench Press	4 x 10–12
Wide Grip Row	4 x 10–12
Dumbbells Front Raise	3 x 10–12
Face Pulls	3 x 12–15
Cable Fly (Low to High)	3 x 12
Hammer Curls	3 x 10–12
Overhead Rope Triceps Extension	3 x 10–12

DAY 4 – LOWER BODY 2

Exercise	Reps
Leg Extensions	4 x 10–12
Hip Thrust	4 x 10–12
Cable Hip Abductions	3 x 10–12/leg
Back Extensions	3 x 10–12
Stiff Leg Deadlift	3 x 12

3 DAY WORKOUT PLAN

BEGINNER FULL BODY



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – FULL BODY

Exercise

Reps

Leg Extensions	3 x 12
Barbell Chest Press	3 x 10–12
Barbell Lat Pulldown	3 x 10–12
Dumbbell Shoulder Press	3 x 10
Seated Leg Curl	3 x 12
Cable Rope Triceps Pushdown	3 x 12
Dumbbell Biceps Curl	3 x 12

DAY 2 – FULL BODY

Exercise

Reps

Barbell Squats	3 x 12
Incline Dumbbell Bench Press	3 x 12
Seated Cable Row Close Grip	3 x 10–12
Lateral Raises Dumbbells	3 x 12–15
Romanian Deadlift	3 x 12
Seated Overhead Dumbbell Triceps Extension	3 x 12
Hammer Rope Curls	3 x 12

DAY 3 – FULL BODY

Exercise

Reps

Bench Bulgarian Split Squats	3 x 10
Mid Chest Fly Cable	3 x 12
Wide-Grip Barbell Row	3 x 10
Barbell Hip Thrust or Glute Bridge	3 x 12
Face Pulls	3 x 12–15
Cable Small Bar Biceps Curl	3 x 12
Cable Triceps Pushdown Small Bar	3 x 12

3 DAY WORKOUT PLAN

BEGINNER PUSH PULL LEGS (PPL)



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – PUSH (Chest, Shoulders, Triceps)

Exercise	Reps
Barbell Chest Press	3 x 10–12
Incline Dumbbell Press	3 x 10
Shoulder Press Dumbbell	3 x 10
Lateral Raises Dumbbell	2 x 12–15
Rope Triceps Pushdowns	3 x 12
Overhead Dumbbell Triceps Extensions	3 x 12

DAY 2 – PULL (Back, Biceps)

Exercise	Reps
Barbell Lat Pulldown	3 x 10–12
Seated Cable Row Wide-Grip	3 x 10–12
Dumbbell bench kneeling Row	2 x 10/side
Face Pulls (Rear Delts)	2 x 12–15
Dumbbell Biceps Curls	3 x 12
Rope Hammer Curls	3 x 12

DAY 3 – LEGS

Exercise	Reps
Leg Extensions	3 x 12
Barbell Squats	3 x 12
Romanian Deadlifts	3 x 12
Leg Curl Machine	2 x 12
Standing Calf Raises Dumbbells	3 x 15

3 DAY WORKOUT PLAN

BEGINNER UPPER / LOWER / FULL BODY

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- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – UPPER BODY

Exercise	Reps
Barbell Chest Press	3 x 10–12
Cable Chest mid Fly	3 x 10–12
Barbell Lat Pulldown	3 x 10–12
Dumbbell Shoulder Press	3 x 10
Seated Cable Row Wide Grip	3 x 10–12
Lateral Raises Dumbbells	3 x 12–15
Triceps Rope Pushdowns	3 x 12
Dumbbell Biceps Curls	3 x 12

DAY 2 – LOWER BODY

Exercise	Reps
Leg Extensions	3 x 12
Barbell Squats	3 x 12–15
Romanian Deadlifts	3 x 10
Leg Curl Machine	2 x 12
Standing Calf Raises	3 x 15

DAY 3 – FULL BODY

Exercise	Reps
Standing Lunges	3 x 12
Inclined Bench Dumbbell Chest Press	3 x 10
Closed Grip Lat Pulldown	3 x 12
Dumbbell Front Raise	3 x 10
Barbell Hip Thrust or Glute Bridge	3 x 12
Rope Hammer Curls	3 x 12
Cable Small bar Tri Pushdown	3 x 12