

## 4 Day Split Workout

		Day 1		
Muscle group	Exercise	Sets	Reps	Rest
<b>Chest</b>	<a href="#">Barbell bench press</a>	3	10-12	1 min
	<a href="#">Incline bench press</a>	3	10-12	1 min
	<a href="#">Dumbbell incline press</a>	3	10-12	1 min
	<a href="#">Dumbbell flyes</a>	3	10-12	1 min
<b>Shoulders</b>	<a href="#">Machine lateral raise</a>	3	10-12	1 min
	<a href="#">Dumbbell overhead press</a>	3	10-12	1 min
	Smith machine upright row	3	10-12	1 min
		Day 2		
Muscle group	Exercise	Sets	Reps	Rest
<b>Biceps</b>	<a href="#">Barbell curls</a>	3	10-12	1 min
	<a href="#">Alternate dumbbell curls</a>	3	10-12	1 min
	<a href="#">Seated hammer curls</a>	3	10-12	1 min
	<a href="#">Preacher curls</a>	3	10-12	1 min
<b>Triceps</b>	<a href="#">Triceps cable pushdowns</a>	3	10-12	1 min
	<a href="#">Dumbbell kickbacks</a>	3	10-12	1 min
	<a href="#">Lying triceps extension</a>	3	10-12	1 min

		Day 3		
Muscle group	Exercise	Sets	Reps	Rest
Legs	<a href="#">Barbell squats</a>	3	10-12	1 min
	<a href="#">Leg extension</a>	3	10-12	1 min
	<a href="#">Dumbbell lunges</a>	3	10-12	1 min
	<a href="#">Lying leg curls</a>	3	10-12	1 min
	<a href="#">Still-leg deadlifts</a>	3	10-12	1 min
	<a href="#">Barbell standing calf raise</a>	3	10-12	1 min
	<a href="#">Seated calf raises</a>	3	10-12	1 min
Abs	<a href="#">Crunch</a>	4	20-25	1 min
	<a href="#">Oblique crunch</a>	3	20-25	1 min
	<a href="#">Leg lifts</a>	3	20-25	30 secs.
		Day 4		
Muscle group	Exercise	Sets	Reps	Rest
Back	<a href="#">Barbell Rows</a>	4	10-12	1 min
	<a href="#">One arm bent over row</a>	4	10-12	1 min
	<a href="#">Lat pulldowns</a>	4	10-12	1 min
	<a href="#">Extensions</a>	4	10-12	1 min
Traps	Smith machine shrug	3	10-12	1 min

## Get More Split Workout Routines

- [2 Day Split Workout](#)
- [3 Day Split Workout](#)
- [4 Day Split Workout](#)
- [5 Day Split Workout](#)
- [6 Day Split Workout](#)

Contact us for questions at [makeoverfitnessinfo@gmail.com](mailto:makeoverfitnessinfo@gmail.com)

Get More Workout Routines by Supporting the Website at [\\$Makeoverfitness](#)