



Main goal : Build Muscle
Training level : Intermediate - Split
Program duration : 8 Weeks
Days per week : 4 Days
Time per workout : 55 Mnutes
Equipments : Barbell, Cables, Dumbbells, EZ Bar, Machines
Client : Male & Female



Doug's 4 Day Split Workout

Main Goal

This muscle building workout is a tried and tested M&S muscle building staple! This workout was developed by trainer and forum member Doug Lawrenson.

Workout Schedule

Day 1 - Saturday : Rest
Day 2 - Sunday : Rest
Day 3 - Monday : Shoulders and Triceps
Day 4 - Tuesday: Back
Day 5 - Wednesday : Rest
Day 6 - Thursday: Chest and Biceps
Day 7 - Friday : Legs

Workout Description

As requested by you guys, we've added Doug Lawrenson's 4 day split muscle building workout to our database of workouts. This workout was designed by Doug and is aimed at muscle growth. It's important that you follow the correct diet program if you want to get the maximum results out of this program.

Workout Notes

- Warm up with cardio for 5-10 minutes.
- Stretches and flexibility exercises for 5-10 minutes.
- Stretch the worked muscles at the end of the workout, and cool down 5-10 minutes.
- Abdominals on Monday and Thursday



MONDAY - Shoulders and Triceps

EXCERSICE	SETS	REPS
Smith Machine Shoulder Press	4	12,10,8,6
Dumbbell Lateral Raise	4	12,10,8,6
Dumbbell Reverse Fly	4	12,10,8,6
Dumbbell Shrugs	4	12,10,8,6
Lying Tricep Extension	3	10,8,6
One Arm Cable Extension	3	10,8,6
One Arm Dumbbell Extension	3	10,8,6

TUESDAY - Back

EXCERSICE	SETS	REPS
Wide Grip Pull Up	4	12,10,8,6
Close Grip Pull Down	4	12,10,8,6
One Arm Dumbbell Row	4	12,10,8,6
Bent Over Barbell Row	4	12,10,8,6

THURSDAY - Chest and Biceps

EXCERSICE	SETS	REPS
Incline Dumbbell Bench Press	4	12,10,8,6
Barbell Bench Press	4	12,10,8,6
Incline Dumbbell Flys	4	12,10,8,6
Cable Crossovers	4	12,10,8,6
Incline Dumbbell Curl	3	10,8,6
Preacher Curl	3	10,8,6
Standing Hammer Curl	3	10,8,6

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>



Friday - Legs

EXCERSICE	SETS	REPS
Squat	4	12,10,8,6
45 Degree Leg Press	4	12,10,8,6
Leg Extension	4	12,10,8,6
Stiff Legged Deadlifts	4	12,10,8,6
Seated calf Raise	3	10,8,8
Standing Calf Raise	3	15,12,10

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Day 3 - Quads and Hamstrings

EXCERSICE	SETS	REPS
Squat - Power	4	3 to 5
Leg Press - Muscle	2-3	6 to 12
Front Squat - Muscle	2-3	6 to 12
Leg Press - Burn	2	40
Romanian Deadlift - Power	2-4	3 to 5
Romanian Deadlift or Leg Curl - Muscle	2-3	6 to 12
Leg Curl - Burn	1	40

Day 4 - Shoulders and Triceps

EXCERSICE	SETS	REPS
Seated Barbell Press - Power	4	3 to 5
Seated Arnold Press - Muscle	2-3	6 to 12
Barbell Front Raise - Muscle	2-3	6 to 12
Dumbbell Lateral Raise - Burn	2	40
Closegrip Bench Press - Power	2	3 to 5
Seated French Press - Muscle	2	6 to 12
EZ Bar Skullcrusher - Muscle	2	6 to 12
Cable Tricep Extension - Burn	1	40

Day 6 - Back, Calves, and Abs

EXCERSICE	SETS	REPS
Deadlift - Power	2-4	3 to 5
Barbell Rows - Muscle	2-3	6 to 12
Lat Pull Down - Muscle	2-3	6 to 12
Seated Cable Row - Burn	2	40
Seated Calf Raise - Muscle	2-3	10 to 15
45 Degree Calf Raise - Burn	2	40

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