

Body building 4 Day Split

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Workout 1												
Chest/Biceps												
Bench Press 5x 5 reps												
Incline dumbbell press 3x 6-8 reps												
Cable crossover 4x 12-20 reps												
Ez bar curl 4 x 5 reps												
Incline dumbbell curl 3x 8-12 reps												
Reverse grip cable curl 3x 10-15 reps												
Workout 2												
Back & Abs												
Pull ups 4x 6-10 reps												
Barbell row 4x 6-10 reps												
Lat pull down 3x 8-12 reps												
T-bar rows 4x 10-15 reps												
Ab exercise that will lead to failure between 10-20 reps x 3 sets												
Workout 3												
Shoulders, Triceps & Abs												
Barbell shoulder press 4x 5 reps												
Lat raises 4x 8-12 reps												
Bent over lat raise 3x 10-15 reps												
Dips 3x 6-8 reps												
Close grip bench press 3x 8-12 reps												
Tricep pressdown 3x 10-15 reps												
Ab exercise that will lead to failure in 6-12 reps x 4 sets												
Workout 4												
Legs												
Squat 5x 6-12 reps												
Leg press 4x 8-15 reps												
Leg curl 4x 6-10 reps												
Donkey kickback 3x 8-15 reps												
Standing or leg press calf raise 4 x 20-30 reps												
Seated calf raise 4 x 20-30 reps												

Track the weight you use and the reps each week. 1