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# WEIGHT TRAINING ROUTINE

## 4-Day Split Weight Training


Workout Goal	Muscle building - Strength gaining
Workout Difficulty	Beginner 2x 8, Intermediate 3x 8-10, Advanced 4x 8-10
Before weight training	10-15 min warm-up
After weight training	8-10 min cool down

## DAY 1: CHEST AND TRICEPS

<p><b>Incline barbell press</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Flat dumbbell press</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Decline barbell press</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	

<p><b>Incline dumbbell fly</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Cable flyes</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Triceps dips</b> (Beginners – Assisted Dips)</p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Diamond Push-up</b> (Beginners – Knee Diamond Push-up)</p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Tricep extension</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	

## DAY 2: BACK AND BICEPS

<p><b>Deadlift</b></p>	<p>just Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
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**Pull-up**  
(Beginner – **Assisted Pull-up**)

Beginner 2 x Max  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



**Bent over row**

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



**Straight Arm Pulldown**

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



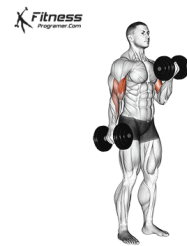
**Cable Row**

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



**Dumbbell curls**

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



**Ez-Bar Preacher Curl**

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



Hammer curls

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10

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## DAY 4: LEGS & SHOULDER ABS

Squat  
(Beginners – Hack Squat Machine)

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10

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Leg extensions  
(Superset)

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10

Fitness  
Programmer.com



Leg curls  
(Superset)

Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10



Leg press

Just  
Intermediate 3 x 8-10  
Advanced 4 x 8-10

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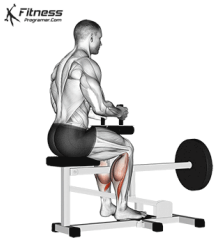


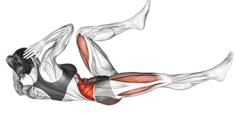


Barbell Hip Thrust



Beginner 2 x 8  
Intermediate 3 x 8-10  
Advanced 4 x 8-10


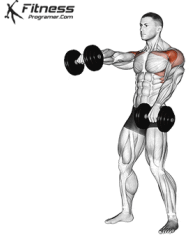

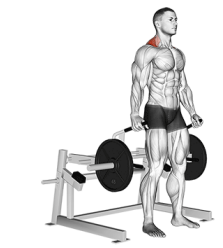
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<p><b>Calf Raise</b></p>	<p>Beginner 3 x 8 Intermediate 4 x 10-12 Advanced 5 x 12</p>	
<p><b>Crunch</b></p>	<p>Beginner 2 x 12 Intermediate 3 x 10-15 Advanced 4 x 15-20</p>	
<p><b>Jack Knife</b></p>	<p>Beginner 2 x 12 Intermediate 3 x 10-15 Advanced 4 x 15-20</p>	
<p><b>Bicycle Crunch</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	

## DAY 5: SHOULDERS & TRAPS

<p><b>Overheard press</b> (Beginners – <b>Lever Shoulder Press</b>)</p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Rear Delt Fly</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	

<p><b>Lateral Raise</b> (Superset)</p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Front Raise</b> (Superset)</p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Dumbbell Shoulder Press</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Lever Shrug</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	
<p><b>Cable Upright Row</b></p>	<p>Beginner 2 x 8 Intermediate 3 x 8-10 Advanced 4 x 8-10</p>	