

Four Day Split Plan

Day 1

Target Muscles		Legs, Abs, Core	
Exercise / Machine	Muscle Group	Sets	Reps
Leg Press	Legs	5	20, 12, 12, 12, 12
Leg Adduction Machine	Legs	4	20, 12, 12, 12
Leg Abduction Machine	Legs	4	20, 12, 12, 12
Hyper Extension Bench	Core	4	15x15x15 (3: right, back, left)
Leg Extension Machine	Legs	4	20, 12, 12, 12
Leg Curl Machine	Legs	4	20, 12, 12, 12
Calf Machine	Legs	4	20, 20, 20, 20
Sit Ups	Abs	4	40, 40, 40, 40
Abdominal Bench	Abs	4	25, 25, 25, 25
Abdominal Sid Variation	Abs	4	20, 20, 20, 20
Planck	Core	2	45s, 45s

Day 2

Target Muscles		Back, Biceps	
Exercise / Machine	Muscle Group	Sets	Reps
Calf Machine	Legs	4	20, 20, 20, 20
Lat Pulldown Machine	Back	4	12, 12, 12, 12
Butterfly Reverse	Back	4	12, 12, 12, 12
Hyper Extension Bench	Back	4	20, 20, 15, 15
Seated Low Row	Back	4	12, 12, 12, 12
Lat Pulldown Machine (inner grip)	Back	4	12, 12, 12, 12
Curl Machine	Biceps	5	12, 12, 12, 12
Hammer Curls	Biceps	4	12, 12, 12, 12
Twisting Biceps Curls	Biceps	4	12, 12, 12, 12

Day 3

Target Muscles		Chest, Triceps	
Exercise / Machine	Muscle Group	Sets	Reps
Bench Press	Chest	6	Pyramide
Butterfly	Chest	5	12, 10, 10, 10, 10
Chest Press Machine	Chest	3	12, 12, 12
Chest Press Machine (Incline)	Chest	3	12, 12, 12
Cable Chest Fly high	Chest	4	12, 12, 12, 12
Cable Chest Fly low	Chest	4	12, 12, 12, 12
Dip Machine	Chest, Triceps	4	12, 12, 12, 12
Skullcrushers (Lying Triceps Extension)	Triceps	4	12, 12, 12, 12
Rope Tricep Pushdown	Triceps	4	12, 12, 12, 12
Overhead Triceps Extension	Triceps	4	12, 12, 12, 12

Day 4

Target Muscles		Shoulder, Neck, Abs	
Exercise / Machine	Muscle Group	Sets	Reps
Dumbbell Side Lateral Raise	Shoulder	5	12, 12, 10, 10, 10
Plate press out	Shoulder	4	12, 12, 12, 12
Rear delt flys	Shoulder	4	12, 12, 12, 12
Seated overhead dumbbell press	Shoulder	4	12, 12, 12, 12
Weighted Shoulder Roll	Neck	4	15, 15, 15, 15
Hyper Extension Bench	Core	4	15x15x15 (3: right, back, left)
Sit Ups	Abs	4	40, 40, 40, 40
Abdominal Bench	Abs	4	25, 25, 25, 25
Abdominal Sid Variation	Abs	4	20, 20, 20, 20
Planck	Core	2	45s, 45s