

4 Day Push Pull Workout Routine for Bodybuilding

Summary

- Day 1 – Push Workout -Quadriceps, Chest, Triceps
- Day 2 – Pull Workout – Back, Biceps, and Core
- Day 3 – Push Workout – Shoulder, Chest, Quadriceps and Glutes
- Day 4 – Pull Workout – Rear Delt, Back, Hamstrings and Core

Day 1

Push Exercises	Muscles Worked	Reps	Rest
Back Squat	Quadriceps	15, 12, 10	1-2 minute
Leg Press	Quads	15, 12, 10	1-2 minute
Barbell Flat Bench Press	Chest	12, 10, 8	2-3 mins
Incline DB Bench Press	Chest	10 x 2	1-2 minute
Parallel Bar Dip	Triceps	12, 10, 8	1-2 minute
Rope Pushdown	Triceps	12, 10, 8	1-2 minute

The Best 4-Day Workout Split

Day 2

DB Alternate Bicep curl	Biceps	12, 10, 8	1-2 minute
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Pull Exercises	Muscle Build	Reps	Rest
Deadlift/ Pull-ups	Leg and Back	6, 4, 2	2-3 mins
Lat Pulldown	Back	12, 10, 8	2-3 mins
Barbell Bent-Over Row	Back and Biceps	12, 10, 8	2-3 mins
Seated Rowing	Back	12, 10, 8	2-3 mins
Barbell Curl	Biceps	12, 10, 8	2-3 mins

Day 3

Leg and Core Exercises	Muscles Worked	Reps	Rest
Flat Bench Press	Chest	12, 10, 8	1-2 mins
Incline DB Bench Press	Chest	10, 8, 6	2-3 mins
Barbell Overhead Press	Shoulder	12, 10, 8	2-3 mins
Dumbbell Lateral Raises	Shoulder	10, 8, 6	1-2 mins
Hack Squat	Shoulder	12, 10, 8	1-2 mins
Leg Press	Quads	12, 10, 8	2-3 mins

Day 4

Exercise	Muscle Worked	Reps	Rest
Barbell Bent-over Row	Back and Shoulder	10, 8, 6	1-2 mins
Single-arm Dumbbell Row	Back	10, 8, 8	1-2 mins
Upright Row	Upper Trap, Shoulder	10, 8, 6	1-2 mins
Face Pull	Upper Trap, Shoulder	10, 8, 6	1-2 mins
Romanian Deadlift/Leg Curl	Hamstrings, Lower Back	8, 6, 6	1-2 mins
Hanging Knee Raise	Core	AMRAP x 2	1-2 mins