Four-day split to build mass

A killer four-day split training will lead to shocking growth of muscle volumes for 1 month of dedicated training.

38 Exercises | 38 Workouts | 24 Hours Workout Time | ~45 Average Workout Duration

The four-day split for mass recruitment is preferred by athletes who want to gain muscle mass and strength in a short period of time. The main feature and principle of alternating indefinity of each muscle group only once a week. For each type muscular group, namely the chest, back and legs, the program separately identifies a training day, where all attention and effort will be focused only on them.

https://athlean.com/workouts/workout-routines/4-day-bro-split-for-mass-2400

Lucas Pope, Author, Athlean-X Strength & Conditioning Coach

Exercising with WAIKIZ you can easily the load established by the author of the course or any one else performing workouts in training plan. Load is a very individual thing, so we have made it well-tuned exercises and load.

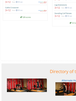
The content of the program

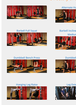
Week 1

Training intensity for each exercise

Week 2

Training intensity for each exercise





Training intensity for each exercise

Directory of the exercises