STRENGTH TRAINING PLAN

4-Day Split with Compound Exercises for Strength Gains

Building strength requires a structured training plan, proper exercise technique, and gradual increases in training load over time. Appropriate intensity, sufficient rest between sets, and recovery are particularly important for heavy compound lifts.

This four-day split combines heavy compound exercises with supporting movements. It focuses on maximal strength, physical stability, and steady progress. It is primarily intended for experienced lifters. Choose weights that allow controlled repetitions with proper technique.

DAY 1 – CHEST AND TRICEPS

Exercise	Sets × Reps
Barbell Bench Press	5 × 5
Incline Bench Press	4 × 6
Parallel Bar Dips	4 × 6–8
Close-Grip Bench Press	3 × 6–8

Training Focus: Develop pressing strength while strengthening the chest, triceps, and supporting shoulder muscles.

DAY 2 – BACK AND BICEPS

Exercise	Sets × Reps
Conventional Deadlift	5 × 5
Pull-Ups	4 × 6
Barbell Rows	4 × 6
Barbell Curls	3 × 8

Training Focus: Improve pulling strength and strengthen the back. During deadlifts, maintain a stable torso position and controlled movement.

DAY 3 – LEGS AND LOWER BODY

Exercise	Sets × Reps
Barbell Squats	5 × 5
Leg Press	4 × 8
Romanian Deadlift	4 × 6
Standing Calf Raises	4 × 12

Training Focus: Develop leg strength and strengthen the thighs, glutes, and calves, with additional core stabilization.

DAY 4 – SHOULDERS AND CORE

Exercise	Sets × Reps
Barbell Shoulder Press	5 × 5
Dumbbell Lateral Raises	4 × 10
Bent-Over Lateral Raises	3 × 10
Plank	3 × 60 seconds

Training Focus: Develop shoulder strength, strengthen the lateral and rear deltoids, and improve core stability.

IMPORTANT TRAINING GUIDELINES

Warm-Up: Begin each session with approximately 5–10 minutes of light activity and specific warm-up sets before heavy compound lifts.

Progressive Overload: Increase the weight gradually once you can complete all prescribed repetitions with proper technique and control.

Rest Between Sets: Rest periods of 2–5 minutes are often appropriate for heavy compound exercises; shorter breaks may be sufficient for accessory exercises.

Protein Intake: For many adults who train regularly, approximately 1.4–2.0 g of protein per kg of body weight per day (0.64–0.91 g/lb) is a useful guideline.

Sleep: Most adults should aim for approximately 7–9 hours of sleep per night.

Recovery: Allow enough time for recovery. Deadlifts, squats, and other heavy compound lifts can cause substantial overall fatigue.

Training Log: Record weights, repetitions, and progress to help assess your development.

STRENGTH GAINS AND MUSCLE GROWTH

Strength gains and muscle growth are closely linked, but they involve different training priorities. Maximal-strength training often emphasizes heavier loads, lower repetition ranges, and longer rest periods. Nervous system adaptations also play an important role. Muscle-building programs can use a wider range of repetitions. Training load, volume, and recovery all matter. The two approaches can complement each other.

TRAINING VOLUME AND STRENGTH TRAINING

Alongside training intensity, the number of working sets influences physical adaptation. Appropriate training volume depends on experience, recovery capacity, and goals. For more information, see our scientific article on training volume.

CONCLUSION – DEVELOPING LONG-TERM STRENGTH

A structured four-day split can provide a solid foundation for targeted strength gains. Proper technique, gradual progression, and sufficient recovery are essential. Long-term progress comes from consistent training, patience, and carefully planned increases in workload.

Further reading: Bodybuilding · Mass Building Training Plan · Recovery

TRAINING LOG – DAY 1 – CHEST AND TRICEPS

Date: _____ Body Weight (lb/kg, optional): _____ Notes: _____

Record the weight used (lb or kg) and repetitions completed for each set. For the plank, record the time held.

Exercise / Target	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Bench Press (5 × 5)	_____	_____	_____	_____	_____
Incline Bench Press (4 × 6)	_____	_____	_____	_____	_____
Parallel Bar Dips (4 × 6–8)	_____	_____	_____	_____	_____
Close-Grip Bench Press (3 × 6–8)	_____	_____	_____	_____	_____

How did the session feel? _____

What would I like to improve next time? _____

Next planned session: _____

Additional notes: _____

_____

TRAINING LOG – DAY 2 – BACK AND BICEPS

Date: _____ Body Weight (lb/kg, optional): _____ Notes: _____

Record the weight used (lb or kg) and repetitions completed for each set. For the plank, record the time held.

Exercise / Target	Set 1	Set 2	Set 3	Set 4	Set 5
Conventional Deadlift (5 × 5)	_____	_____	_____	_____	_____
Pull-Ups (4 × 6)	_____	_____	_____	_____	_____
Barbell Rows (4 × 6)	_____	_____	_____	_____	_____
Barbell Curls (3 × 8)	_____	_____	_____	_____	_____

How did the session feel? _____

What would I like to improve next time? _____

Next planned session: _____

Additional notes: _____

_____

TRAINING LOG – DAY 3 – LEGS AND LOWER BODY

Date: _____ Body Weight (lb/kg, optional): _____ Notes: _____

Record the weight used (lb or kg) and repetitions completed for each set. For the plank, record the time held.

Exercise / Target	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Squats (5 × 5)	_____	_____	_____	_____	_____
Leg Press (4 × 8)	_____	_____	_____	_____	_____
Romanian Deadlift (4 × 6)	_____	_____	_____	_____	_____
Standing Calf Raises (4 × 12)	_____	_____	_____	_____	_____

How did the session feel? _____

What would I like to improve next time? _____

Next planned session: _____

Additional notes: _____

_____

TRAINING LOG – DAY 4 – SHOULDERS AND CORE

Date: _____ Body Weight (lb/kg, optional): _____ Notes: _____

Record the weight used (lb or kg) and repetitions completed for each set. For the plank, record the time held.

Exercise / Target	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Shoulder Press (5 × 5)	_____	_____	_____	_____	_____
Dumbbell Lateral Raises (4 × 10)	_____	_____	_____	_____	_____
Bent-Over Lateral Raises (3 × 10)	_____	_____	_____	_____	_____
Plank (3 × 60 seconds)	_____	_____	_____	_____	_____

How did the session feel? _____

What would I like to improve next time? _____

Next planned session: _____

Additional notes: _____

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