

# 4 WEEK WORKOUT PROGRAM

## NATE DARY - INTERMEDIATE MUSCLE GAINS



### INTRODUCTION

Welcome to your 4-week muscle-building program! Throughout this transformative journey, remember that progress comes from pushing yourself beyond your limits. We'll focus on compound movements that engage multiple muscle groups, tearing them down to build them back even stronger. Embrace the challenge and stay committed; each week, strive to push your boundaries, whether it's increasing the weights, adding extra reps, or perfecting your form. By continuously challenging yourself, you'll spark new muscle growth and witness remarkable results. The road to strength and definition requires dedication, but your determination will be rewarded. Together, we'll reshape your body and mindset, unleashing your full potential. So let's conquer this program, one workout at a time, and make those muscles proud!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessprogram.com/musclegains](http://www.xsfitnessprogram.com/musclegains)

### HELPFUL TIPS

Remember to maintain proper form, adjust weights and repetitions as needed, and ensure you're getting enough rest and nutrition for recovery and muscle growth. Use the instructional videos to perform exercises you are not familiar with. If there are exercises that you do not have access to, we recommend looking up alternative options that may better fit your location or preference in your workout. LET'S GO XS NATION!

## DAY 1

### CHEST + BACK

EXERCISE	SETS	REPS
1. <a href="#">Barbell Bench Press</a>	4	8-10
2. <a href="#">Bent Over Dumbbell Row</a>	4	12
3. <a href="#">Incline Dumbbell Press</a>	3	10
4. <b>Dumbbell Fly</b> *tutorial video not available	3	10
5. <a href="#">Decline Bench Press</a>	4	12-15
6. <a href="#">Lat Pulldown</a>	3	12
7. <a href="#">Reverse Fly</a>	3	12
8. <a href="#">Seated Cable Row</a>	3	10-15

# DAY 2

## QUADS + ABS

EXERCISE	SETS	REPS
1. <a href="#">Barbell</a> or <a href="#">Smith Machine Squat</a>	5	5
2. <a href="#">Hack Squat</a>	4	8-12
3. <a href="#">Lunges</a> (reps are for each leg)	4	8-12
4. <a href="#">Leg Press</a>	3	12
5. <a href="#">Leg Extension</a>	3	15-20
6. <b>Standing Calf Raise</b> *tutorial video not available	3	10-12
7. <b>Seated Calf Raise</b> *tutorial video not available	3	15-20
8. <b>Captain Chair Leg Raise</b> *tutorial video not available	3	10
9. <b>Ab Roller</b> *tutorial video not available	3	10
10. <b>Weighted Russian Twist</b> *tutorial video not available	3	20

# DAY 3

## ACTIVE RECOVERY DAY Active recovery options include, but are not limited to:

**Walking** (or slow jogging), **Yoga**, **Stretching**, **Mobility Training**, **Hiking**, **Foam Rolling**, **Biking**

# DAY 4

## SHOULDERS + ARMS

EXERCISE	SETS	REPS
1. <a href="#">Barbell or Dumbbell Shoulder Press</a>	4	8
2. <a href="#">Dumbbell Upright Row</a>	3	10
3. <a href="#">Dumbbell Front Raise</a>	3	10
4. <a href="#">Dumbbell Lateral Raise</a>	3	10
5. <a href="#">Cable/Rope Pressdown</a>	3	15-20
6. <a href="#">Revers Dips</a>	4	8-10
7. <a href="#">Drag Curl</a>	3	10
8. <a href="#">Alternating Dumbbell Curl</a>	3	10 - 12
9. <a href="#">Skullcrushers</a>	3	12
10. <a href="#">Dumbbell Hammer Curl</a>	3	12-15
11. <a href="#">Tricep Dumbbell Kickback</a>	3	12-15
12. <a href="#">Reverse Wrist Curl</a>	3	12
13. <a href="#">Wrist Curl</a>	3	12

# DAY 5

## ACTIVE RECOVERY DAY Active recovery options include, but are not limited to:

**Walking** (or slow jogging), **Yoga**, **Stretching**, **Mobility Training**, **Hiking**, **Foam Rolling**, **Biking**

# DAY 6

## HAMSTRING + ABS

EXERCISE	SETS	REPS
1. <a href="#">Lying Leg Curl</a>	3	12-15
2. <a href="#">Romanian Deadlift</a>	4	10-12
3. <a href="#">Rope Pull Through</a>	3	15
4. <a href="#">Physio Ball Hamstring Curl</a> *tutorial video not available	3	12-15
5. <a href="#">Decline Weighted Sit Up</a> *tutorial video not available	3	10-12
6. <a href="#">Standing Cable Oblique Twist</a> *tutorial video not available	3	15
7. <a href="#">Weighted Toe Touch</a> *tutorial video not available	3	10-15

# DAY 7

## REST DAY

Use this day for resting, but do not hesitate to move your body and stretch out your muscles