

4 Days Superset Workout Plan to Sculpt Your Body

4-DAY SUPERSET PLAN TO SCULPT YOUR BODY

Day 1: Chest, Quads, and Abs

Day 2 - Back, Calves, and Triceps

Day 3 - REST

Day 4 - Shoulder and Hamstrings

Day 5 - Quads, Biceps, and Abs

Day 6 - REST

Day 7 - REST



Superset Workout Program Summary

Training Approach	Superset
Split Type	Hybrid Split
Sessions/Week	4 (Mon, Tue, Thu, & Fri)
Duration/Session	75-90 minutes
Routine Goal	Sculpt Body
Experience Required	Intermediate
Target Gender	Male & Female
Target Age Group	16-35 years
Recommended Duration	3 months

If you want to train more muscles in less time safely and efficiently, you need a well-organized superset workout plan.

The superset method involves performing two exercises sequentially with little to no rest in between. The exercises target the two different muscle groups, generally agonist and antagonist or upper and lower body parts.

It is a time-efficient, intense, and effective training strategy to build muscle, improve endurance, and sculpt your body.

Here you get a 4-days superset workout plan that involves exercises for every body part, from the back, arms, and legs to the shoulder, abs, and chest, and helps you build strength, endurance, and muscle mass over time.

Monday: Chest, Quads, and Abs

Tuesday: Back, Calves, and Triceps

Wednesday: OFF

Thursday: Shoulder and Hamstrings



Friday: Quads, Biceps, and Abs







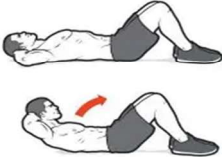







Saturday: OFF

Sunday: OFF



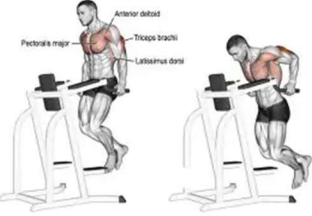







This split allows you to train your entire body effectively within four sessions and helps you build a muscular body.







Day 1 – Chest, Quads, and Abs

Exercises	Muscle	Sets	Reps
1A Leg Extension	Quads	3	15-20
			





<p>1B Incline Bench Press</p> 	<p>Chest</p> 	<p>3</p>	<p>12~15</p>
<p>2A Leg Press</p> 	<p>Quads</p> 	<p>3</p>	<p>12~15</p>
<p>2B Chest Press Machine</p> 	<p>Chest</p> 	<p>3</p>	<p>10~12</p>
<p>3A Abs Crunches</p> 	<p>Abs</p> 	<p>3</p>	<p>10~15</p>
<p>3B Seated Pec Fly</p> 	<p>Chest</p> 	<p>3</p>	<p>12~15</p>
<p>4A Lying Floor Leg Raise</p> 	<p>Abs</p> 	<p>3</p>	<p>15~20</p>
<p>4B Cable Chest Flys</p> 	<p>Chest</p> 	<p>3</p>	<p>12~15</p>

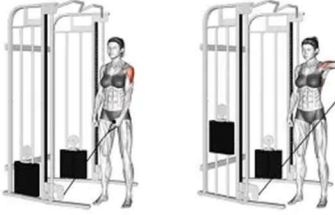







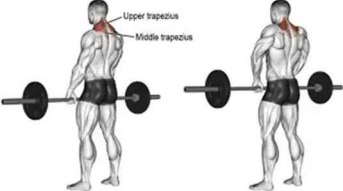



Day 2 – Back, Calves, and Triceps

Exercises	Muscle	Sets	Reps
<p style="text-align: center;">1A Pull-ups</p> 	<p>Back</p> 	3	6~12
<p style="text-align: center;">1B Bar Dips</p> 	<p>Triceps</p> 	3	12~15
<p style="text-align: center;">2A Prone Grip Lat Pulldown</p> 	<p>Back</p> 	3	12~15
<p style="text-align: center;">2B Cable Pushdown</p> 	<p>Triceps</p> 	3	15~20
<p style="text-align: center;">3A Overhead Extension</p> 	<p>Triceps</p> 	3	12~15











<p>3B Lat Pulldown</p> 	<p>Back</p> 	<p>3</p>	<p>10/side</p>
<p>4A Seated Machine Row</p> 	<p>Back</p> 	<p>4</p>	<p>10~12</p>
<p>4B Standing Calf Raises</p> 	<p>Calves</p> 	<p>4</p>	<p>15~20</p>



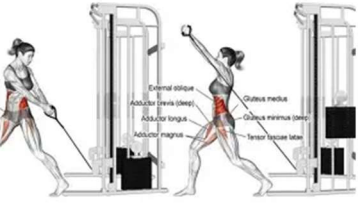



Day 3 – Shoulder and Hamstrings

Exercises	Muscle	Sets	Reps
<p>1A Overhead Press</p>  <p>Smith Machine Shoulder Press</p>	<p>Shoulder</p> 	<p>3</p>	<p>8~12</p>
<p>1B Seated Leg Curls</p> 	<p>Hamstring</p> 	<p>3</p>	<p>15~20</p>

<p>2A Cable Side Raises</p> 	<p>Shoulder</p> 	<p>3</p>	<p>12/side</p>
<p>2B Db Romanian Deadlift</p> 	<p>Hamstring</p> 	<p>3</p>	<p>8~10</p>
<p>3A Reverse Pec Deck Fly</p> 	<p>Shoulder</p> 	<p>3</p>	<p>12~15</p>
<p>3B Lying Leg Curls</p> 	<p>Hamstring</p> 	<p>3</p>	<p>15~20</p>
<p>4A Front Barbell Shrug</p> 	<p>Traps</p> 	<p>3</p>	<p>10~12</p>
<p>4B Elevated Glute Bridge</p> 	<p>Hamstring</p> 	<p>3</p>	<p>10/side</p>

Day 4 – Quads, Biceps, and Abs

Exercises	Muscle	Sets	Reps
<p>1A Back Squat</p> 	<p>Quads</p> 	3	10~12
<p>1B Chin-ups</p> 	<p>Biceps</p> 	3	15~20
<p>2A DB Lunges</p> 	<p>Quads</p> 	3	12/side
<p>2B Barbell Curls</p> 	<p>Biceps</p> 	3	8~10
<p>3A Leg Raises to Hip Lift</p> 	<p>Abs</p> 	3	12~15

<p>3B DB Concentration Curls</p> 	<p>Biceps</p> 	<p>3</p>	<p>15~20</p>
<p>4A High to Low Cable Chop</p> 	<p>Obliques</p> 	<p>3</p>	<p>10~12</p>
<p>4B Reverse Curls</p> 	<p>Forearms</p> 	<p>3</p>	<p>10/side</p>

Pros and Cons of Superset Training

Benefits:

The superset training saves your time because it allows you to perform two different back-to-back exercises with little to no rest, allowing you to complete more exercises in less time.

Performing back-to-back exercises boosts your endurance while building muscle mass.

It increases metabolic profile in young active men and women.

The super setting strategy burns higher calories than traditional training and improves cardiovascular fitness.

Disadvantages:

The superset isn't suitable for beginners as it is intense, challenging, and makes you exhausted quickly.

It is also not very effective for building strength. Because building strength requires longer rest periods between sets to fully recover before the next heavy lift.

Superset training involves a little rest time which physiologically can give you a sense of urgency and prevent you from giving your full effort.

Frequently Asked Questions (FAQs)

Are Supersets Good for Building Muscle?

Like traditional resistance training, the superset also builds muscles and strength. Additionally, it burns more calories, enhances endurance, and helps you lose fat. However, the superset is an advanced form of training and it can exhaust you in a short time.

Should Beginners Do Supersets?

The superset training is intense and requires decent endurance to perform exercises. So, it will be challenging for beginners. However, you can try after a couple of months of regular training.

How Often Should You Superset?

Doing the superset exercises three to four times a week is enough to get efficient results. However, you can increase your frequency to 5 days a week depending on your fitness levels, but make sure you give your trained muscles 48-72 hours of recovery time.