

4 WEEK WORKOUT PROGRAM

NATE DARY - BEGINNER 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

WEEK 1 — 3 sets | 10 reps

WEEK 2 — 4 sets | 10 reps

WEEK 3 — 5 sets | 8 reps

WEEK 4 — 4 sets | 12 reps

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

1. [Barbell Bench Press](#)
2. [Dips or Bench Dips](#)
3. [Incline Dumbbell Bench Press](#)
4. [Cable/Machine Fly](#)
5. [Push-ups](#) (max reps)
6. **Weighted Sit Ups** *tutorial video not available

DAY 2

LEGS

1. [Barbell Squat](#)
2. [Hack Squat](#)
3. [Lunges](#) (Reps are for each leg)
4. [Leg Press](#)
5. [Leg Extension](#)
6. [Lying Leg Curl](#)
7. **Captain's Chair Leg Lifts or Knee Raises** *tutorial video not available

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

BACK

1. [Barbell Row](#)
2. [Lat Pulldown](#)
3. [Seated Cable Row](#)
4. [Chin-ups or Assisted Chin-ups](#) (max reps)
5. [Reverse Fly](#)
6. [Back Extension](#)
7. **Weighted Russian Twists** *tutorial video not available

DAY 5

SHOULDERS + ARMS

1. [Dumbbell Shoulder Press](#)
2. [Dumbbell Front Raise](#)
3. [Dumbbell Lateral Raise](#)
4. [EZ Bar Curl](#)
5. [Dumbbell or Barbell Skull Crushers](#)
6. [Dumbbell Hammer Curl](#)
7. [Cable/Rope Press Down](#)
8. **Plank** (1 minute) *tutorial video not available

DAY 6

REST DAY

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

DAY 7

REST DAY

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