

4 WEEK WORKOUT PROGRAM

NATE DARY - ADVANCED MUSCLE GAINS



INTRODUCTION

Welcome to your advanced 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 (increase weight from week 1)

WEEK 3 — 5 sets | 8 reps (increase weight from week 2)

WEEK 4 — 4 sets | 12 reps (decrease weight slightly from week 3)

HELPFUL TIPS

Supersets are exercises where you perform one exercise, immediately followed by the 2nd exercise, before taking a break. These will be labeled by a letter (i.e. 4a/4b). 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 + TRICEPS

1. [Barbell Bench Press](#)
2. [Incline Dumbbell Bench](#)
3. [Decline Bench Press](#)
4. [Cable/Machine Fly](#)
5. [Skull Crushers](#)
6. [Cable/Rope Press down](#)
7. [Push Ups](#) (same sets as the rest of workout, as many reps as possible)

DAY 2

QUAD DOMINANT LEGS

1. [Barbell Squat](#)
2. [Leg Press](#)
3. [Lunges](#) (Reps are for each leg)
- 4a. [Leg Extension](#)
- 4b. **Body Weight Squats** *tutorial video not available
5. **Optional Ab Workout**

DAY 3

BACK + BICEPS

1. [Barbell Row](#)
2. [Chin Up or Assisted Chin Up](#)
3. [Seated Cable Row](#)
4. [Lat Pulldown](#)
- 5a. [Reverse Fly](#)
- 5b. [Drag Curl](#)
6. [Alternating Dumbbell Curl](#)

DAY 4

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 5

POSTERIOR DOMINANT LEGS

1. [Romanian Deadlift](#)
2. [Lying Leg Curl](#)
3. [Hack Squat](#)
4. [Back Extension](#)
5. [Rope Pull Through](#)
6. Optional Ab Workout

DAY 6

SHOULDERS, CHEST + ARMS

1. [Dumbbell Shoulder Press](#)
2. [Barbell or Dumbbell Upright Row](#)
- 3a. [Dumbbell Front Raise](#)
- 3b. [Dumbbell Lateral Raise](#)
4. [Incline Dumbbell Bench](#)
- 5a. [Dips](#)
- 5b. [Dumbbell Hammer Curl](#)

DAY 7

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

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