

# **SKINNY FAT TO MUSCULAR WORKOUT PLAN (PDF BONUS)**

**A 4-Day Skinny Fat Workout Plan**  
**TO BUILD MUSCLE AND STRENGTH**



**PDF BONUS**

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The following is a 4-day program designed for muscle growth. It includes some strength-specific training to promote progressive overload, but most exercises are done in a higher repetition range.

### **Day 1 (e.g., Monday) - Upper**

Flat barbell bench press - 3 sets of 6 to 10 reps  
Bent-over barbell row - 3 sets of 6 to 10 reps  
Seated dumbbell overhead press - 3 sets of 8 to 12 reps  
Lat pulldowns - 2-3 sets of 10 to 12 reps  
Low-to-high cable chest fly - 2-3 sets of 12 to 15 reps  
Dumbbell lateral raise - 2-3 sets of 12 to 20 reps  
Cable rope triceps extensions - 2-3 sets of 12 to 20 reps  
Standing dumbbell hammer curl - 2-3 sets of 12 to 20 reps

### **Day 2 (e.g., Tuesday) - Lower**

Barbell back squat - 3 sets of 6 to 10 reps  
Lying hamstring curl - 3 sets of 10 to 15 reps  
Leg extensions - 3 sets of 12 to 20 reps  
Standing machine calf raises - 3 sets of 15 to 20 reps

### **Day 3 (e.g., Thursday) - Upper**

Inverted rows - 3 sets of 5 to 15 reps  
Incline dumbbell bench press - 3 sets of 10 to 12 reps  
Upright rows - 3 sets of 10 to 12 reps  
Machine chest press - 2-3 sets of 10 to 15 reps  
Seated cable rows - 2-3 sets of 10 to 15 reps  
Dumbbell tricep kickback - 2-3 sets of 12 to 15 reps  
Cable rope bicep curls - 2-3 sets of 12 to 15 reps  
Cable rope face pulls - 2-3 sets of 15 to 25 reps

### **Day 4 (e.g., Friday) - Lower**

Barbell hip thrust - 3 sets of 6 to 10 reps  
Goblet squat - 3 sets of 8 to 12 reps  
Dumbbell Romanian deadlift - 3 sets of 10 to 12 reps  
Bulgarian split squat - 2-3 sets of 8 to 12 reps (per leg)  
Seated machine calf raise - 2-3 sets of 8 to 15 reps

# Some Notes On The Training Plan

## 1. Progression

Increasing the workload over time is crucial for stimulating your muscles and promoting growth. A simple linear approach can work, especially for beginners. Pick weights that allow you to perform each exercise correctly and for the recommended reps. Once you reach the top of repetition ranges, increase the load by the smallest amount possible and start progressing again.

Here is an example of goblet squats:

Week 1 - 3 sets with 45-lb dumbbell for 8, 8, and 9 reps

Week 2 - 3 sets with 45-lb dumbbell for 9, 9, and 11 reps

Week 3 - 3 sets with 45-lb dumbbell for 10, 11, and 12 reps

Week 4 - 3 sets with 45-lb dumbbell for 12, 12, and 14 reps

*Week 5 - 3 sets with 50-lb dumbbell for 8, 9, and 9 reps*

## 2. Exercise Selection

The above exercises are great, but you can change some of them if you cannot perform them safely or your gym doesn't have the necessary machine. Here are a few simple exercise swaps, but know that there is no actual limit here:

- Leg extensions ⇒ Bodyweight squats
- Split squats ⇒ Lunges
- Barbell bench press ⇒ Dumbbell bench press
- Lat pulldowns ⇒ Band-assisted pull-ups

## 3. Effort

You should put enough effort into each set but not to the point of muscle failure. Leaving one to three reps in the tank is the sweet spot for most people. You will still be working hard without unnecessarily putting yourself at risk of overtraining or injuries.

It might be challenging to gauge how many reps you have in the tank initially, but you will get better over time.

## 4. Technique

Proper technique and feeling the correct muscles activating are two crucial components of hypertrophy training. Prioritize proper form and never increase the resistance unless you're 100 percent confident in your technique with current loads.

## 5. Rest Periods

Resting between sets is vital for maintaining your performance and doing as many reps as possible without using momentum (jerking the weight, swinging your body, etc.). Here are some general guidelines:

- 2 to 6 reps per set - 3 to 5 minutes of rest
- 6 to 10 reps per set - 2.5 to 3 minutes of rest
- 10 to 15 reps per set - 1.5 to 2.5 minutes of rest
- 15-25 reps per set - 1 to 2 minutes of rest
- 25+ reps per set - 30 to 60 seconds of rest

## 6. Deload Weeks

Deload weeks are schedule periods where you do easier training for up to seven days. The objective is to keep working out but give your body time to recover from the stress accumulated over the previous weeks.

The simplest way to implement a deload week is to take your training and reduce the number of sets you do and the loads you lift. I recommend taking a deload week for every six to eight weeks of serious weight training.

Once finished, go back to your regular training.

## 7. Schedule

It's best to perform the above workouts in pairs (upper-lower) and rest for at least a day in-between. Recovery days are essential for giving your body the time it needs to repair the damage to the muscles, joints, connective tissues, and bones.

Four weekly workouts provide enough flexibility to move around sessions and recover well even if things pop up and you cannot stick with your usual schedule.

Thank you so much for reading this free guide. If you need more information related to muscle growth, fat loss, or good programming, feel free to check out these articles:

- [How to Gain Lean Muscle: Everything You Need to Know](#)
- [Screw the 'Perfect Diet' \(This is How You Get Sustained Results\)](#)
- [Newbie Gains: 7 Steps to Maximize Your Muscle and Strength Gains](#)