

4-WEEK DAILY GYM PLAN

STRENGTH AND CONDITIONING



@BENBARKERFITNESS

To see optimal results with this program pair it proper nutrition, sleep, mobility, and few other habits that I believe yield huge results!

Diet: use MyFitPal to calculate how many calories you need daily to achieve your goal. Follow the prompts to plug in your info and get your daily calorie count. However many calories is suggested, eat 250 less on days you don't workout.

I aim for 1 g of protein per lb of bodyweight. I weigh 180 lbs, so I eat 180 grams of protein per day. This is a challenge, so give yourself some grace!

Veggies: eat a minimum of 2 serving of cruciferous or leafy greens per day.

Aim for a minimum of 3L / ~96oz of water per day.

Supplements are not needed but can help especially for convenience: I use a men's multi vitamin, fish oil, whey protein, and creatine monohydrate!

Get a minimum of 15 minutes of sunlight per day. Shoot for 8 hours of sleep.

Follow this program with [my workout subscription](#) or [my Leaner and Stronger Ebook](#).

Warm-Ups

Upper Body Warm-Up

- 15 Jumping Jacks
- 15 Forward/ Backward Arm Jumping Jacks
- 20 Shoulder Twists
- 10 Forearm Stretch
- 5 Thoracic Twists/ side
- 10 Up Dog/ Down Dog
- 15 T Raises
- 10 Push-Up + Shoulder Tap

Leg Warm-Up

- 8 Knee Hugs
- 8 Quad Stretch
- 8 Single Leg RDL/ Leg
- 8 Cossack Squats
- 60 sec High Knee/ Butt Kick
- 10 Squats + Rotation
- 10 Single Leg Hip Bridge/ Leg

Cool-Downs

Upper Body

- :30-60 sec Banded Shoulder Distraction/ ea
- :30-60 sec Pec Stretch/ ea
- :30-60 sec Lat Stretch
- :30-60 sec Triceps Stretch

Lower Body

- :30-60 sec Kneeling Hip Left
- :30-60 sec Kneeling Quad Left
- :30-60 sec Kneeling Spider-Man Lunge Left
- *then repeat the sequence all on right side
- :30-60 sec Seated Hamstring
- :30-60 sec Brettzel Stretch/ ea

AMRAP = as many reps as possible

*in the allotted time do as many rounds and reps of the exercises listed below it

EMOM = every minute on the minute

*for each exercise listed below it do as many quality reps as you can within the minute. When one min ends immediately switch to the next exercise with no rest

RFT = rounds for time

*complete the prescribe amount of rounds of the listed exercises as quickly as possible with proper form

tabata = 8 sets per exercise 20 sec work, 10 sec rest

*do all 8 sets of one exercise before moving to the next
*download a free tabata timer on your phone

For any jumping exercise, don't worry about "how high" focus on as little impact as possible. Feel free to sub a non jumping version if needed

Ex: Substitute Lunges for Split Jump if needed

For the Tester Workouts, Make sure you note what weights you use on week 1 testers, so that you can use the same exact amount on week 4 to see how much improvement you've seen. **Log your time or rep count on tester workouts for reference in week 4.**

Week 1

Monday

4 Sets:

8 Bench Press

10 Single Arm Row/ arm

↓ Tester Workout ↓

15 Minute AMRAP: (record rounds)

10 DB Push Press

10 Pull-Ups

10 Bench Dips

10 Sit-Ups

3 Sets:

10 Triceps Push-Downs

16 Alt Arm Paused Curls

12 DB Lateral Raises

Tuesday

4 Sets:

5 Back Squats

6 DB Single Leg RDLs/ Leg

↓ Tester Workout ↓

4 RFT: (Record Time)

8 DB Goblet Squats

14 DB Lunges

12 Hanging Leg Raises

3 Sets:

8 Single Leg Hip Bridges/ Leg

20-30 Russian Twists

Wednesday

*today is meant for both cardio and recovery

*whatever pace feels comfortable

.25 mile Run Warm-Up Pace

3 Rounds:

20 Mountain Climbers

20 Ice Skaters

20 Bicycle Crunches

10 "1,2,3" High Knees

Finish with a .50 Mile Run

*if you're feeling good, push it a bit

*if sore, slow and steady

Thursday

4 Sets:

8 Barbell Z Press

10 Barbell Row

15 EMOM:

1: Push-Ups

2: Suspension Trainer Rows

3: Alt Arm DB Snatch

4: Single Arm DB Upright Row (1/2 set/ arm)

5: Runners

3 Sets:

20 Cross Body Hammer Curls

12 Single Arm DB Overhead Triceps Ext/ arm

Friday

4 Sets:

6 Barbell RDLs

10 Split Jumps

Tabata:

1: Reverse Lunge + Twists

2: KB or DB Swings

3: Reverse Crunches

4: Treadmill Sprints

3 Sets:

10 DB Leg Curls

20 Metronomes

Week 2

Monday

4 Sets:

10 Bench Press

12 Single Arm Row/ arm

↓ Tester Workout Build Up ↓

18 Minute AMRAP:

10 DB Clean and Press

12 Pull-Ups

12 Bench Dips

10 Weighted Sit-Ups

3 Sets:

10 DB Skull Crushers

10 Concentration Curls/ arm

12 DB Lateral Raises

Tuesday

4 Sets:

5 Back Squats (increase weight)

8 DB Single Leg RDLs/ Leg

↓ Tester Workout Build Up ↓

5 RFT:

8 DB Goblet Squats

14 DB Lunges

12 Hanging Leg Raises

3 Sets:

10 Single Leg Hip Bridges/ Leg

20-30 Weighted Russian Twists

Wednesday

*today is meant for both cardio and recovery

*whatever pace feels comfortable

.25 mile Run Warm-Up Pace

4 Rounds:

12 Double Foot Mountain Climbers

16 Ice Skaters + Hop

20 Alt V-Ups

24 High Knees

Finish with a .75 Mile Run

*if you're feeling good, push it a bit

*if sore, slow and steady

Thursday

4 Sets:

10 Barbell Z Press

12 Barbell Row

15 EMOM:

1: Decline Push-Ups

2: Suspension Trainer Rows

3: Renegade Rows

4: DB Upright Row

5: Hollow Rocks

3 Sets:

15-20 Plate Curls

15-20 Plate Overhead Tri Ext

Friday

4 Sets:

8 Barbell RDLs

12 Split Jumps

Tabata:

1: Reverse Deficit Lunge

2: Alt Arm DB Snatch From Floor

3: DeadBugs

4: Treadmill Sprints

3 Sets:

12 DB Leg Curls

:30 Sec Split Side Plank/ side

Week 3

Monday

4 Sets:

12 Bench Press

15 Single Arm Row/ arm

↓ Tester Workout Build Up ↓

20 Minute AMRAP:

10 Arnold Press

14 Pull-Ups

14 Bench Dips

12 Weighted Sit-Ups

3 Sets:

10 DB Incline Skull Crushers

10 DB Incline Curls

12 DB Lateral Raises

Tuesday

4 Sets:

5 Back Squats (increase weight)

10 DB Single Leg RDLs/ Leg

↓ Tester Workout Build Up ↓

5 RFT:

10 DB Goblet Squats

16 DB Lunges

14 Hanging Leg Raises

3 Sets:

12 Single Leg Hip Bridges/ Leg

:30 sec heel taps

Wednesday

*today is meant for both cardio and recovery
*whatever pace feels comfortable

.25 mile Run Warm-Up Pace

12 EMOM:

1: 3-Direction Crunch

2: Jump Rope or Invisible Jump Rope

3: Lateral Shuffle

Finish with a 1 Mile Run

*if you're feeling good, push it a bit

*if sore, slow and steady

Thursday

4 Sets:

12 Barbell Z Press

15 Barbell Row

15 EMOM:

1: Deficit Push-Ups

2: Suspension Trainer Rows

3: Renegade Rows

4: Farmers Carry

5: Seated Crunch

3 Sets:

10 Z Curls

8 Close Grip Bench Press

Friday

4 Sets:

10 Barbell RDLs

14 Split Jumps

Tabata:

1: Bench Step-Ups

2: Single Arm DB or KB Swing (Alt arm ea set)

3: Toe Touches

4: Treadmill Sprints

3 Sets:

15 DB Leg Curls

:40 Sec Split Side Plank/ side

Week 4

Monday

4 Sets:

15 Bench Press

18 Single Arm Row/ arm

↓ RETEST DAY ↓

15 Minute AMRAP: (beat week 1)

10 DB Push Press

10 Pull-Ups

10 Bench Dips

10 Sit-Ups

3 Sets:

10 Triceps Push-Downs

16 Alt Arm Paused Curls

12 DB Lateral Raises

*go to failure on the last set of each

Tuesday

5 Sets:

5 Back Squats (build to heavy set))

10 DB Single Leg RDLs/ Leg

↓ RETEST DAY ↓

4 RFT: (beat week 1)

8 DB Goblet Squats

14 DB Lunges

12 Hanging Leg Raises

3 Sets:

15 Single Leg Hip Bridges/ Leg

:40 sec Heel Taps

Wednesday

*today is meant for both cardio and recovery

*whatever pace feels comfortable

6 RFT:

.25 mile Run

12 Lateral Shoot Throughs

15 Jumping Jacks

18 Double Foot Mountain Climbers

*base pace off how you're feeling today

Thursday

5 Sets:

5 Barbell Z Press

12 Barbell Row

15 EMOM:

1: Close Grip Push-Ups

2: Suspension Trainer Rows

3: Alt Arm DB Snatch

4: Farmers Carry (both hands)

5: Bicycle Crunches

1,2,3,4,5,6,7,8,9,10

DB Hammer Curl

Skull Crushers

*do 1 of each, 2 each, 3, etc to 10 each

Friday

5 Sets:

6 Barbell RDLs

12 Split Jumps

Tabata:

1: DB Goblet Squats

2: KB or DB Swings

3: Weighted Toe Touches

4: Treadmill Sprints

3 Sets:

18 DB Leg Curls

:40 Sec 3-Direction Crunch

Congrats on completing my 4-week daily gym plan and thank you for checking out my program!

Where to go from here?

Don't lose momentum and keep showing up. Fitness isn't a 4-week challenge but a lifelong pursuit that is always worth it.

1: You could recycle this program and do it again.

2: Sign up for a [free 7-day trial to my workout subscription](#)

3: Check out my ["Leaner and Stronger in 4 wks" Ebook](#)

Keep chasing your goals and encourage some people along the way!