

KATHRYN MUELLER

2022

WORKOUT ROUTINE

DISCLAIMER

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FREQUENTLY ASKED QUESTIONS

WHY 4 DAYS?

This 4 day routine (5th day is optional) is what I find fits easiest into my busy school schedule. For the past several years, I've been doing a 4 day split and have seen strength and physical gains!

HOW MANY REPS AND SETS DO YOU USUALLY DO?

I do anywhere from 3-5 sets for compound lifts, depending on how many warm-up sets I need. For example, on a heavy hip thrust, I might start at 135 lbs, then 185 lbs, then do 3 sets at 205 lbs. For accessory lifts, I generally do 3 sets. Feel free to change the reps and sets of this workout routine as needed.

For reps, I aim for 10 reps and work until failure. I choose a heavy enough weight that after my 10th rep, it is very difficult, if not impossible, to do another rep with good form.

HOW DO YOU STRUCTURE YOUR WORKOUTS?

I have 2 types of workouts: 1) push full body and 2) pull full body. Push is chest, shoulders, and triceps, but I also throw in quads and glutes. Pull is back, biceps, and rear delts, and I do some glutes and hamstrings on this day as well.

Each workout has 2-3 compound lifts and 3-4 accessory lifts. This workout plan isn't set in stone. Some days I choose a different quad exercise or a different chest exercise, but I always work the same muscle groups on a given day.

HOW LONG DO YOUR WORKOUTS TAKE?

I usually spend no more than 1 hour in the gym.

WHAT IF I DON'T LIKE ONE OF THE EXERCISES IN THIS ROUTINE?

Modify as necessary! I used to avoid back squats because they didn't feel right on my back, but I have since reintroduced them into my training. If you have an issue with a particular exercise or even just don't like doing an exercise, either swap it for something else or remove it altogether.

WHERE IS THE CARDIO?

I don't do any cardio at the gym. Any cardio I do will be walking or hiking outside on my non-gym days.

THIS ROUTINE IS ONLY A WEEK. CAN I DO IT FOR LONGER?

Yes! Generally, I like to work on the same compound lifts week after week to gain strength. But for each workout, the accessory lifts can be switched up (alternative lifts are listed in the notes) for you to change things around and keep the workouts interesting.

GYM ESSENTIALS

Besides showing up to the gym, there's not much else you need. However, I think there are some nice things to have. Here is a list of things I almost always bring to the gym and use while working out.

- STRONG app (to track workouts)
- Lifting gloves
- Barbell pad
- Glute band
- Water bottle
- Gym bag
- Earbuds
- Hand sanitizer
- Small towel
- Activity/fitness tracker

SCHEDULE

Day 1 (Tuesday)	Day 2 (Wednesday)	Day 3 (Friday) <i>Optional</i>	Day 4 (Saturday)	Day 5 (Sunday)
PUSH	PULL	MOBILITY & CORE	PUSH	PULL

DAY 1

PUSH

Exercise	Sets	Reps	Notes
Barbell overhead press	3-4	6-8	
Barbell squats	3-4	6-8	
Dumbbell or barbell bench press	3	10-12	
Dumbbell lateral raise	3	10-12	Or cable lateral raise
Front elevated reverse lunges	3	10-12	Or walking lunges
Tricep pushdowns (with rope)	3	10-12	Rope or any grip of your choice
Leg extension (optional)	3	10-12	

If you're unsure how to do a particular exercise, visit [bodybuilding.com](https://www.bodybuilding.com) for a comprehensive guide of many common exercises.

DAY 2

PULL

Exercise	Sets	Reps	Notes
Chin ups or pull ups	3	AMRAP*	I prefer neutral grip, but any is fine
Barbell deadlifts	3-4	6-8	Sumo or conventional
Lat pulldowns	3	10-12	Any grip
Kneeling single arm cable row	3	10-12	Or seated row machine
Dumbbell romanian deadlifts	3	10-12	
Dumbbell bicep curls	3	10-12	
Leg curl machine	3	10-12	Seated or lying leg curls

*AMRAP stands for "As Many Reps As Possible"

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DAY 3

MOBILITY & CORE

Exercise	Sets	Reps	Notes
15 min treadmill walk			I usually do 3.2 speed at 3-5 incline
TRX abs			See the last page for the TRX abs circuit
Kneeling KB chops		3	8-10
Jefferson curls		3	8-10
Stretching/mobility			

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DAY 4

PUSH

Exercise	Sets	Reps	Notes
Overhead press (seated with dumbbells)	3	10-12	Or standing
Barbell hip thrusts	4-5	6-8	1-2 lighter warmup sets I also like to use a band with these
Dumbbell incline bench press	3	10-12	
Lateral raises	3	10-12	
Bulgarian split squats	3	10-12	Or leg press Can hold 2 dumbbells or 1
Overhead tricep extensions (rope)	3	10-12	
Side step ups	3	10-12	High platform

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DAY 4

PULL

Exercise	Sets	Reps	Notes
Pull ups	3	10-12	
Barbell deadlifts	4-5	6-8	Perform 1-2 warm up
Lat pulldowns	3	10-12	I like to switch up the attachments on these
Dumbbell single arm row	3	10-12	Or barbell bent over row
Barbell romanian deadlift	3	10-12	
Bicep curls	3	10-12	Or hammer curls
Lying leg curl	3	10-12	

If you're unsure how to do a particular exercise, visit [bodybuilding.com](https://www.bodybuilding.com) for a comprehensive guide of many common exercises.

TRX ABS

Choose 2-3 exercises to do in a circuit.

Exercise	Sets	Reps
Body saws	2-3	10
Mountain climber crunches	2-3	10
Pikes	2-3	10
Side plank	2-3	15-20 second hold

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