

4 DAY UPPER LOWER SPLIT WORKOUT PLAN PDF

Thank you for downloading our 4 Day Upper Lower Split Workout Plan PDF!

Unleash your body's full potential with our meticulously crafted 4-day upper/lower split workout plan, designed to target each muscle group effectively and efficiently. Experience the empowering transformation, as this dynamic regimen accelerates muscle growth and strength, fostering an active lifestyle, and paving the way towards your ultimate fitness goals.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

QUADS / ARMS DAY		Set 1	Set 2	Set 3	Set 4
LOWER 1	Pendulum Squats, Freeform or Cable Sissy Squats	15 to 20	10 to 12	8 to 10	8 to 10
	Dumbbell Goblet Squats or VMO Heel Elevated Dumbbell or Smith Machine squats	15 to 20	10 to 12	8 to 10	8 to 10
	Walking Lunges, Barbell or Dumbbell	16 to 20	16 to 20	16 to 20	
	Leg Extensions	15 to 20	10 to 12	8 to 10	
	Dumbbell Hammer Curls or Palms-up Curls	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Triceps Extensions	15 to 20	10 to 12	8 to 10	8 to 10
CHEST / ANTERIOR-MIDDLE DELT DAY		Set 1	Set 2	Set 3	Set 4
UPPER 1	Dumbbell Bench Press or Smith Machine Bench Press	15 to 20	10 to 12	8 to 10	8 to 10
	Underhand Dumbbell Press	15 to 20	10 to 12	8 to 10	8 to 10
	High Incline Dumbbell Shoulder Press or Smith Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Lateral Raises, Cable or Dumbbell. Try Supine Double-Cable Version	15 to 20	10 to 12	8 to 10	8 to 10
GLUTE / HAMSTRING / LOWER LEG DAY		Set 1	Set 2	Set 3	Set 4
LOWER 2	Romanian Deadlifts with Dumbbells. Or Single-Leg "B" Stance RDLs	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Hip Extensions	15 to 20	10 to 12	8 to 10	8 to 10
	Leg Curls	15 to 20	10 to 15	10 to 12	8 to 10
	Standing Calf Raises with Dumbbells	15 to 20	15 to 20	15 to 20	
	Tibialis Anterior Raises	20	20	20	
BACK / POSTERIOR DELT / TRAPS DAY		Set 1	Set 2	Set 3	Set 4
UPPER 2	Lat Pull-ins (seated 45 degrees pulling high to low)	15 to 20	10 to 12	8 to 10	8 to 10
	Pull-ups or Lat Pulldowns	10 to 12	10 to 12	10 to 12	
	Cable Rows	10 to 12	10 to 12	10 to 12	
	Cable Reverse Flys, Reverse Fly machine, or Prone Incline Reverse Dumbbell Flys	15 to 20	10 to 12	8 to 10	8 to 10
	DB Lu Raises or "Y" raises	15 to 20	10 to 12	8 to 10	8 to 10
	Kelso Shrugs	15 to 20	10 to 12	8 to 10	8 to 10

Use any of the following options to schedule your 4 day upper lower split for the week. I recommend Option 2:

Day	Option 1	Option 2	Option 3
1	Lower	Lower	Lower
2	Rest	Upper	Upper
3	Upper	Rest	Rest
4	Rest	Lower	Rest
5	Lower	Upper	Lower
6	Rest	Rest	Upper
7	Upper	Rest	Rest