

4-day UPPER-LOWER (FW)

Welcome to the 4-day Upper-Lower split, here i will explain everything that you will need to know!

First let me tell you, how i structured this training plan.

This one is very straight forward, 4 different days, and 4 different workouts.

Each one is putting more emphasis on a different bodypart each time.

Now let me show you when to take rest days, and in which order you should run this training plan.

You should run this training plan in this order: **UPPER1->LOWER1->UPPER2->LOWER2**

You got a couple of options when it comes to the rest days. But i would generally recommend to take 1 or 2 rest days, **after you finish the first UPPER1 and LOWER1 workouts**. And then the same after **UPPER2 and LOWER2**, so it can look something like this:

day1__UPPER1

day2__LOWER1

day3__rest

day4__UPPER2

day5__LOWER2

day6__rest

day7__rest

Help

-Always follow the order that the exercises are written in.

-Definitely use different weight for different rep ranges, you always have to adjust. For example, if you are doing a horizontal push for 5-8 reps, you should always choose a heavier weight, than if you did it for 8-12 reps!

-Below the name of every body part, you can see what type of exercise you are supposed to do, and in the parentheses are example exercises that you should use, you can pick any of these exercises that i included there, its up to you what you like, and what you have access to!

-Always track your progress as explained in the **Progress tracking guide**.

You are closer to your dream physique than 99% will ever be.

Own this new power.

Go to the gym. Make it a habit.

When challenges come, get the other half of the equation: (if you haven't already)

<https://bodybuildingsimplified.com/nutrition>

Let's get your eating habits right as well.

UPPER1

(some chest sets are split into smaller sets, in order to have the same amount of sets for chest and back in each super set, you proceed normally like if it was 3 sets of the same chest exercise.)

CHEST + BACK

incline push__2sets__5-8reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal push__1sets__8-12reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

CHEST + BACK

horizontal push__1sets__8-12reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

isolation__2sets__12-20reps__(dumbbell fly, cable fly)

horizontal pull__3sets__12-15reps__(barbell row, dumbbell row)

SHOULDERS + BICEPS

overhead press__3sets__8-12reps__(standing or sitting overhead press, dumbbells or a barbell)

normal curl__3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

SHOULDERS + TRICEPS

lateral raise__3sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

lateral head isolation__3sets__12-15reps__(triceps pushdown, diamond pushups, dips)

SHOULDERS + TRICEPS + BICEPS

rear delt movement__3sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

overhead extension__3sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

brachialis & brachioradialis curl__3sets__12-15reps__(hammer curl, any curl with overhand grip)

UPPER2

(some chest sets are split into smaller sets, in order to have the same amount of sets for chest and back in each super set, you proceed normally like if it was 3 sets of the same chest exercise.)

SHOULDERS + BICEPS

overhead press __3sets__5-8reps__(standing or sitting overhead press, dumbbells or a barbell)

normal curl __3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

CHEST + BACK

horizontal push __2sets__5-8reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

incline push __1sets__8-12reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal pull __3sets__8-12reps__(barbell row, dumbbell row)

CHEST + BACK

incline push __1sets__8-12reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

isolation __2sets__12-20reps__(dumbbell fly, cable fly)

vertical pull __3sets__12-15reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

SHOULDERS + TRICEPS

lateral raise __3sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

lateral head isolation __3sets__12-15reps__(triceps pushdown, diamond pushups, dips)

SHOULDERS + TRICEPS + BICEPS

rear delt movement __3sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

overhead extension __3sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

peak focused curl __3sets__12-15reps__(concentration curl, preacher curl)

LOWER1

(if you are doing a dumbbell-only workout, the rep range of the goblet squat should be increased to 12-15)

QUADS

squat__3sets__5-8reps__(back squat, front squat, goblet squat)

HAMSTRINGS

hip hinge movement__3sets__8-12reps__(romanian deadlift, stiff leg deadlift, good mornings)

GLUTES + CALVES

hip thrust__3sets__8-12reps__(hip thrust, hip thrust machine)

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)

QUADS + HAMSTRINGS

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

LOWER2

(if you are doing a dumbbell-only workout, the rep range of the goblet squat should be increased to 12-15)

HAMSTRINGS

hip hinge movement __3sets__5-8reps__(romanian deadlift, stiff leg deadlift, good mornings)

QUADS

squat __3sets__8-12reps__(back squat, front squat, goblet squat)

GLUTES + CALVES

lunges __3sets__15reps each leg__(lunges, glute kickbacks)

calf raise __3sets__15-30reps__(calf raise machine, standing on a plate/stairs)

HAMSTRINGS + QUADS

hamstring curl __3sets__12-15reps__(hamstring curls, nordic hamstring curls)

isolation __3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)