



Routine: Upper/Lower

Upper/Lower Body Workout Plan:

This routine is more suited for the experts and demands more endurance for longer workout sessions. Thankfully, this is compensated with more (much-needed) rest days than the other routines.

For optimal muscle and strength gains, it is essential to do lower reps but with high volume, hence why all workouts go to failure ;)

Day 1: Upper

- (smith machine) flat benchpress: 1 warmup set + 2 sets to failure
- lat pulldown (close grip): 1 warmup set + 2 sets to failure
- pec fly: 2 sets to failure
- lat pulldown (wide grip): 2 sets to failure
- overhead press: 2 sets to failure
- seated rows: 2 sets to failure
- lateral raises: 2 sets to failure
- front raises: 2 sets to failure

- Preacher curls: 2 sets to failure
- tricep pushdown: 2 sets to failure (USE A STRAIGHT BAR INSTEAD OF ROPES!)

Day 2: Lower

- Warmup: 3-5 min on stair climber
- leg press/Barbell back squat: 2-3 sets to failure
- lying/seated leg curls: 2-3 sets to failure
- leg extensions: 2-3 sets to failure
- Smith machine calve raises: 2 sets to failure
- Weighted back extensions: 2 sets to failure
- Weighted leg raises: 3 sets to failure (you can use resistance bands or dumbbells etc.)

Day 3: Rest

Day 4: Upper

- (smith machine) flat benchpress: 1 warmup set + 2 sets to failure
- lat pulldown (close grip): 1 warmup set + 2 sets to failure
- pec fly: 2 sets to failure
- lat pulldown (wide grip): 2 sets to failure
- overhead press: 2 sets to failure
- seated rows: 2 sets to failure
- lateral raises: 2 sets to failure
- front raises: 2 sets to failure
- Preacher curls: 2 sets to failure
- tricep pushdown: 2 sets to failure (USE A STRAIGHT BAR INSTEAD OF ROPES!)

Day 5: Lower

- Warmup: 3-5 min on stair climber

- leg press/Barbell back squat: 2-3 sets to failure
- lying/seated leg curls: 2-3 sets to failure
- leg extensions: 2-3 sets to failure
- Smith machine calve raises: 2 sets to failure
- Weighted back extensions: 2 sets to failure
- Weighted leg raises: 3 sets to failure (you can use resistance bands or dumbbells etc.)

Day 6: Rest

Day 7: Rest