



Routine: Upper/Lower and Arms/Shoulders

Upper/Lower + Arms & Shoulders Workout Plan

This routine is more suited for the advanced to expert gym rat who has less time on their hands and can only train each muscle group once a week (only shoulders and arms are trained twice a week).

NOTE: Every exercise needs to pick a weight that is not too low where you can easily do 10+ reps, instead pick a weight where you would be hitting failure between 5-7 reps!

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: Rest

Day 3: Lower + abs

- 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 4: Rest

Day 5: Arms+Shoulders + abs

- Overhead presses: 1 warmup set + 2 sets to failure
- Lateral raises: 2-3 sets to failure
- Front raises: 2-3 sets to failure
- seated dumbbells shoulder press: 2 sets to failure
- seated bicep curls: 2 sets to failure
- preacher curls: 2 sets to failure
- tricep pushdown: 3 sets to failure (USE A STRAIGHT BAR INSTEAD OF ROPES!)
- EZ bar bicep curls: 2 sets to failure
- Weighted leg raises: 3 sets to failure (you can use resistance bands or dumbbells etc.)

Day 6 and 7: Rest

