

Upper/Lower Split Program (4 Days per Week)

Focus: Strength + hypertrophy, compound lifts + isolation

Schedule:

- **Day 1:** Upper Body (Strength Focus)
- **Day 2:** Lower Body (Strength Focus)
- **Day 3:** Rest or Active Recovery
- **Day 4:** Upper Body (Hypertrophy Focus)
- **Day 5:** Lower Body (Hypertrophy Focus)
- **Day 6:** Rest or Active Recovery
- **Day 7:** Rest

Day 1 - Upper Body (Strength Focus)

1. **Barbell Bench Press** – 4 sets × 5 reps
2. **Bent-Over Barbell Row** – 4 sets × 5 reps
3. **Overhead Barbell Press** – 3 sets × 5 reps
4. **Pull-Ups or Lat Pulldown** – 3 sets × 6-8 reps
5. **Barbell or Dumbbell Curls** – 3 sets × 8-10 reps
6. **Tricep Dips (Weighted if possible)** – 3 sets × 6-8 reps
7. **Face Pulls** – 3 sets × 12 reps

Day 2 - Lower Body (Strength Focus)

1. **Barbell Back Squat** – 4 sets × 5 reps
2. **Romanian Deadlifts** – 4 sets × 5-6 reps
3. **Leg Press** – 3 sets × 6-8 reps
4. **Walking Lunges** – 3 sets × 8-10 reps per leg
5. **Calf Raises (Seated or Standing)** – 4 sets × 12-15 reps
6. **Core Work (Planks or Leg Raises)** – 3 sets

Day 4 - Upper Body (Hypertrophy Focus)

1. **Incline Dumbbell Press** – 4 sets × 8-10 reps
2. **Seated Cable Rows** – 4 sets × 10-12 reps
3. **Dumbbell Shoulder Press** – 3 sets × 10 reps
4. **Chest Flys (Machine or Dumbbell)** – 3 sets × 12 reps
5. **Dumbbell Curls** – 3 sets × 10-12 reps
6. **Tricep Pushdowns (Rope or Bar)** – 3 sets × 12-15 reps
7. **Lateral Raises** – 3 sets × 12-15 reps

Day 5 - Lower Body (Hypertrophy Focus)

1. **Barbell Squats** – 4 sets × 8-10 reps
2. **Sumo Deadlifts or Trap Bar Deadlifts** – 3 sets × 8 reps
3. **Bulgarian Split Squats** – 3 sets × 10 reps per leg
4. **Leg Extensions** – 3 sets × 12-15 reps
5. **Lying or Seated Hamstring Curls** – 3 sets × 12 reps
6. **Calf Raises (Seated or Standing)** – 4 sets × 15 reps
7. **Core Work (Cable Crunches or Russian Twists)** – 3 sets

Progression & Notes:

- **Progressive Overload:** Try to increase weight or reps gradually to ensure continuous progress.
- **Rest Periods:**
 - For strength exercises: 2-3 minutes rest
 - For hypertrophy exercises: 60-90 seconds rest
- **Warm-Up:** Dynamic stretches and warm-up sets before main lifts.
- **Recovery:** Focus on nutrition (protein, carbs, fats) and get proper sleep to optimize muscle growth.