

SAMPLE WORKOUT

Upper/Lower Split

Use this as a guide and adjustment for clients as needed. After four to six weeks on one training plan, change things up and add new moves that hit the same muscle groups. When your client is able to do the top end of rep numbers easily, start progressing to slightly heavier weights.

Upper Body

BENCH PRESS
BENT-OVER ROW
SHOULDER PRESS
LAT PULL DOWN
TRICEPS EXTENSION
SIDE LATERAL RAISE
PUSH UPS



Lower Body

FRONT SQUATS
STRAIGHT LEG DEADLIFT
STANDING CALF RAISE
LEG EXTENSION
LEG CURL
LUNGES
PLANK



DAY
01



Upper Body

INCLINE DUMBBELL PRESS
SEATED CABLE ROW
CABLE FLY
CLOSE GRIP PULL DOWN
BICEPS CURLS
TRICEPS PUSH DOWN
PULL UPS

DAY
02

DAY
01



Lower Body

BACK SQUATS
CONVENTIONAL DEADLIFT
HANGING LEG RAISE
SEATED CALF RAISE
LEG PRESS
REVERSE LUNGES
BACK EXTENSION
HANGING KNEE RAISES

DAY
02