

7 Day Upper/Lower Split for Advanced Lifters

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Working out six times a week is enough when you follow an upper/lower split program.

You can take one day off on your leg day to train your upper body four times and lower body twice a week.

Below you can see how I split upper body and lower body muscles into a weekly gym workout plan.

Day 1 – Upper Body – Chest, Side Delt, Triceps, and Abs

Exercise	Reps
Flat Bench Press	15, 12, 10, 8
Incline Dumbbell Press	12, 10, 8
High to Low Cable Flyes	15, 12, 10
Dumbbell Lateral Raises	15, 12, 10
Rope Pushdown	15, 12, 10
Single-arm Triceps Extension	10/arm x 2
Ab Wheel Rollout	30-sec x 2

Day 2 – Lower Body

Exercise	Reps
Back Squats	20, 15, 12, 10
Leg Press	15, 12, 10
Front Lunges	10 reps/side x 2
Machine Leg Curl	12-15 x 3
Step Up	10 reps/side x 2
Calf Raises	12-15 x 3

Day 3 – Upper Body – Back, Rear Delts, Biceps

Exercise	Reps
Pullups	AMRAP x 4
Lat Pulldown	15, 12, 10
Seated Cable Rowing	15, 12, 10, 8
Bent-over Barbell Row	12, 10, 10
Cable Facepull	15, 12, 10
EZ Bar Biceps Curl	15, 12, 10
Hammer Curl	12 x 3

Day 4 – OFF

Day 5 – Upper Body – Chest, Shoulder, Triceps, and Core

Exercise	Reps
Dumbbell Bench Press	15, 12, 10
Pec Deck Fly	15 x 2
Bar Dips	10-12 x 3
Arnold Press	10-12 x 3
Cable Lateral Raises	10-12 x 3
Bar Pushdown	10-12 x 3
Hanging Knee Raises	AMRAP x 2
Ab Machine/Cable Crunches	AMRAP x 2
Ab Wheel Rollout	30-sec x 2

Day 6 – Lower Body

Exercise	Reps
Bulgarian Split Squat	10 reps/side x 3
Landmine Squats	15, 12, 10
Leg Extension	15, 12, 10
Leg Curl	15, 12, 10
Hip Thrust	10-12 x 3
Glute-Ham Raise/Low Back Extension	10-12 x 3

Day 7 – Upper Body – Back, Rear Delt, and Biceps

Exercise	Reps
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Deadlift	8, 6, 4, 4
Chinups	AMRAP x 3
Lat Pulldown	10, 8, 6
Seated Cable Row	10, 8, 6
Single-arm Dumbbell Row	10, 8, 6
Dumbbell Rear Delt Fly	10-12 x 3
Incline Dumbbell Curl	10-12 x 3

Recommended Supplements:

Apple Cider Vinegar Gummies - 1000mg	Body Fortress Whey Protein Powder
Burn-XT Thermogenic Fat Burner	Levels Grass Fed 100% Whey Protein, No Hormones
ZonePerfect Protein Bars	Orgain Organic Vegan Protein Powder

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