

# Upper-Lower Program

## Day 1 & Day 4 (Upper)

*Each (\*) signifies a superset, BB = Barbell & DB = Dumbbell*

| EXERCISE                              | SET | REPS            | TEMPO |
|---------------------------------------|-----|-----------------|-------|
| * Bench Press (BB or DB)              | 4   | 8-12            | 2/2   |
| Pull-ups or Lat Pulldowns             | 4   | Failure or 8-12 |       |
| * Incline Press (BB or DB)            | 4   | 8-12            | 2/2   |
| Bent Over Barbell Rows                |     |                 |       |
| * Chest Flys (DB, Pec Deck, or Cable) | 4   | 8-12            | 2/2   |
| Chest Supported Row                   |     |                 |       |
| * Lateral Raise (DB or Cable)         | 4   | 10-12           | 2/2   |
| Rear Delt Fly (DB, Machine, or Cable) |     |                 |       |
| * Bicep Curls (DB or BB)              | 4   | 8-12            | 2/2   |
| Tricep Pushdowns                      |     |                 |       |
| Kneeling Cable Crunch                 | 4   | 25              |       |

## Day 2 & Day 5 (Lower)

| EXERCISE                       | SET | REPS        | TEMPO |
|--------------------------------|-----|-------------|-------|
| Leg Extensions                 | 4   | 20          | 2/2   |
| Barbell Squats (Day 2)         | 5   | 12/10/8/6/4 | 2/2   |
| Deadlifts (Day 5)              | 4   | 6-8         |       |
| Leg Press (Day 2)              | 5   | 12/10/8/6/4 | 2/2   |
| Hack Squat (Day 5)             | 4   | 8-12        |       |
| Romanian Deadlifts (Day 2)     | 3   | 20          | 2/2   |
| Walking Lunges (Day 5)         |     |             |       |
| Bulgarian Split Squats (Day 2) | 3   | 10-12       | 2/2   |
| Leg Curls (Day 5)              |     | 20          |       |
| Standing Calf Raise            | 4   | 20          | 2/1   |
| Decline Sit-Ups                | 4   | 25          |       |