

## Upper-Lower Split:

### Upper Body Day:

- Chest:
  - Barbell Bench Press: 4x8-10
  - Incline Dumbbell Press: 3x10-12
  - Chest Flyes: 3x12-15
- Back:
  - Pull-Ups: 4xfailure
  - Barbell Rows: 4x8-10
  - Lat Pulldowns: 3x10-12
- Shoulders:
  - Seated Dumbbell Press: 4x8-10
  - Lateral Raises: 3x12-15
  - Face Pulls: 3x12-15
- Arms:
  - Barbell Bicep Curls: 3x10-12
  - Skull Crushers: 3x10-12
  - Hammer Curls: 3x10-12
  - Tricep Rope Pushdowns: 3x10-12

### Lower Body Day:

- Quads:
  - Squats: 4x8-10
  - Leg Press: 3x10-12
  - Lunges: 3x12/leg
- Hamstrings:
  - Romanian Deadlifts: 4x8-10
  - Leg Curls: 3x10-12
  - Good Mornings: 3x8-10
- Glutes:
  - Hip Thrusts: 4x10-12
  - Bulgarian Split Squats: 3x10-12/leg
- Calves:
  - Standing Calf Raises: 4x12-15
  - Seated Calf Raises: 3x12-15